



2025 - 2026 Newsletter #6 | 10/10/2025

- Website | www.nseaswimteam.com
- Captyn | nseaswim.captyn.com
- Newsletter Archive | <https://www.nseaswimteam.com/newsletters>

Notes

Building - Roof & Siding Installation

Roof and siding Installation will take place on **Tuesday October 21st**. Beginning at 8:00am. All help is appreciated, so If you can help for an hour or two please come by the pool and lend a hand.

Holiday Practice Schedules

Thanksgiving, Christmas, and New Years break practice schedules are attached and available [here](#).

Minor changes may be made to the schedule and will be reflected in the above link as well as the weekly schedules posted in the newsletter as we approach the breaks.

Time Standards

North Carolina Swimming 2026 Short Course LSC Championships time standards are now available and can be found [here](#)

Meet The Coaches

Continuing to get to know our Coaching Staff, this week is Coach Andy. This season Coach Andy is primarily working with the Tidepool and Riptide Groups and designing the dryland programing



Coach Andy has been working with Northside Elite Aquatics (NSEA) since 2019, bringing over a decade of experience coaching swimmers in Wilmington, NC. His background includes working with Seahawk Swim School, year-round programs, the Wilmington Swim League, and serving as Head Coach for the Pine Valley Country Club summer team.

A lifelong athlete, Andy gravitated toward swimming early on and competed throughout middle and high school. He continued his involvement at the collegiate level with the UNCW club team, where he began shifting his focus toward instruction and athlete development.

NSEA Swim Shop

All orders will close THIS **Sunday 10/12/2025**

Apparel & Bags

New apparel, team bags, and Parent shirts are available for purchase on the Team Apparel Store (https://shop.creativeadscreenprinting.com/index.php/product-category/nsea_swim/)

Meet & Practice Caps

Last chance for the Fall to purchase additional Team Caps (<https://form.jotform.com/jpmerchant/team-caps>).

Mark Your Calendars

- *Week of 10/20* | Tentative for Roof and Siding installation
- *Friday October 31st* | NO Afternoon Practices [Halloween]
- *Week of March 23rd* | NSEA Swim A-Thon [this is a change from the events calendar, details to follow]
- *Monday March 30* | Spring Banquet & Senior Recognition [all are invited to celebrate our Short Course Season and recognize our High School Seniors]
- The **majority** of the *Spring & Summer* meets are posted [here](#)

Upcoming Team Events & Important Dates

- 10/24 - 10/26 | BAC Halloween Bash @ [BCC](#) [Deadline | Closed]
- 11/08 - 11/09 | 12 & Under Intersquad @ EJP [Deadline | **Wednesday 10/22**]
- 11/22 4:00pm | Mike's Farm for Senior, Surge, and Breakers | Sign up with more info will be available soon
- Riptide, Splash, Tidepool event details will be announced soon

Practice Schedule

	Monday 10/13	Tuesday 10/14	Wednesday 10/15	Thursday 10/16	Friday 10/17	Saturday 10/18	Sunday 10/19
Event							
Deadline							
Meet							
Splash							
PM	4:30 - 5:15	4:30 - 5:15	4:30 - 5:15	4:30 - 5:15	Off		
Tidepool							
PM	4:30 - 5:30	4:30 - 5:15	4:30 - 5:30	4:30 - 5:15	4:30 - 5:30		
DL		5:15 - 5:45		5:15 - 5:45			
Riptide							
PM	5:15 - 6:45	5:15 - 6:15	5:15 - 6:15	5:15 - 6:15	5:15 - 6:45		
DL		6:15 - 6:45		6:15 - 6:45			
Breakers							
AM						8:30 - 10:00	
PM	4:30 - 5:30	5:15 - 6:15	6:15 - 8:15	5:15 - 6:15	4:30 - 5:30		
DL		6:15 - 6:45		6:15 - 6:45			
Surge							
AM	Off	Off	Off	Off	5:30 - 7:00	6:30 - 8:30	
PM	6:45 - 8:15	6:15 - 8:15	6:15 - 8:15	6:15 - 8:15	Off		
SR Surge							
AM	Off	5:30 - 7:00	Off	5:30 - 7:00	5:30 - 7:00	6:30 - 8:30	
PM	6:45 - 8:15	6:15 - 8:15	4:15 - 6:15	6:15 - 8:15	Off		

Social Links

[Facebook](#) | [Instagram](#) | [Foundation Instagram](#) | [Foundation Facebook](#)

Sponsors & Friends

[FINIS](#) | [SwimmersBest](#) | [PoolSide Live](#) | [TritonWear](#) | [LMNT](#) | [SwimIntel](#) | [Time-Drops](#)