



2025 - 2026 Newsletter #7 | 10/19/2025

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

Notes

Saturday 09/25 – Ironman North Carolina Traffic

Keep in mind **Ironman North Carolina** will be taking place this *Saturday 09/25*, there will be road closures and detours throughout the morning, please take this into account when planning your travels to Brunswick County for the meet.

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.

Sign Up Link | <https://nseaswim.captyn.com/account/volunteers/cmngxv9fdc02yt13old8gp6906>

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.

Meet The Coaches

This week we get to know one of the newest members of our staff, Coach Genny Hauser.



Genny is from Raleigh, NC and grew up swimming competitively for the Marlins of Raleigh swim team. She came to Wilmington and started school at UNCW in 2020, where she was on the swim and dive team her freshman year and competed for the schools club swim team at the national level her remaining years in college.

Genny graduated with a Bachelor of Arts degree in May of 2025 and majored in healthful living and fitness education, concentrating in lifetime fitness. During her last semester of school, Genny completed a 100 hour internship with NSEA where she was introduced to coaching swimmers. During her internship she had the opportunity to work as a part of a research team, studying ways to enhance feedback that coaches can give to swimmers using various forms of technology. Genny is listed as a co-author for the study which is now in consideration for publication in the International Journal of Sport Science & Coaching.

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 next week
- 11/26 - 11/30 | Thanksgiving Practice Schedule (see link above)
- 12/5 5-9PM "Poplar Grove Plantation Festival of Lights" Riptide, Splash, Tidepool
<https://poplargrove.org/festivals/all-is-bright/> Tickets on sale here while they last:
<https://wilmington.30offlocal.com/search?q=Poplar+grove&adv=false&cid=0&isc=false&pf=&pt=&sid=false>
- 12/12 - 12/14 | STAR Triad Tropic @ [GAC](#) **[Deadline | 11/22/2025]**

Practice Schedule

	Monday 10/20	Tuesday 10/21	Wednesday 10/22	Thursday 10/23	Friday 10/24	Saturday 10/25	Sunday 10/26
Event		Building					
Deadline			NSEA				
Meet					BAC	BAC	BAC
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	Off		
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	Off		
DL		6:15 - 6:45		6:15 - 6:45			
Breakers							
AM						Off	
PM	4:30 - 5:30	5:15 - 6:15	6:15 - 8:15	5:15 - 6:15	Off		
DL		6:15 - 6:45		6:15 - 6:45			
Surge							
AM	Off	Off	Off	Off	5:30 - 7:00	Off	
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	Off	
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](#) | [MySwimIO](#)