



2025 - 2026 Newsletter #8 | 10/26/2025

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

Notes

- 12 & Under Intersquad Volunteer [Link](#)

Happy Halloween | No Afternoon Practices Friday 10/31/2025



Meet The Coaches

This week we get to know the other newest member of our staff, Coach Brooke Simpson.



Brooke is from Austin, Texas, and grew up swimming with Austin Swim Club and the Texas Longhorn Aquatics club team. She began her collegiate journey at Pepperdine University in Malibu, California, and later transferred to the University of North Carolina Wilmington (UNCW), where she finished her collegiate swimming career in 2024. While at UNCW, she competed as a member of the swim team in dual meets and at the CAA Conference Championship.

Brooke began working with NSEA in the spring semester of 2025, where she started to explore the world of coaching and became familiar with the club's strong sense of culture and family.

She is currently pursuing a degree in Health and Wellness, with a concentration in lifetime fitness at UNCW and is on track to graduate in the fall of 2025.

Mark Your Calendars

- *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

- 11/08 - 11/09 | 12 & Under Intersquad @ EJP **[Deadline | Closed]**
- 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 (link below)
- 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 10/27	Tuesday 10/28	Wednesday 10/29	Thursday 10/30	Friday 10/31	Saturday 11/01	Sunday 11/02
Event					Halloween		
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	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						8:30 - 10:00	
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	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		

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

Social Links

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

Sponsors & Friends

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