



2025 - 2026 Newsletter #10 | 11/09/2025

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

**** Full Newsletter Attached ****

Notes

- Riptide Practice Changes for the High School Meet
 - Friday 11/14 | 4:30 - 5:45pm
- The remaining roof panels will be installed this week. The installation shouldn't affect the practice schedule.

Getting to our High School Seniors

Our first Senior is one of our original NSEA Swim Team members:

Ryker Eder

Years Swum	7
High School	Ashley
What are you MOST looking forward to in your Senior Year?	Being Able to Relax
Favorite Event	200 IM
Biggest Goal Reached	Qualifying for Futures
How Has Swimming Helped with	Swimming has helped teach me the dedication and discipline I need to set goals and actively work to reach them daily
Favorite activity outside of school and swimming	Surfing
What animal would you be?	A panda because I need a daily nap
Any goal for your Senior Year that you would like to share with the Team?	Enjoy the sport of swimming regardless of what the clock says
What Question should we have asked?	Why do you swim?
How would you answer that question?	Because I love it. I love being able to work hard and see my results in a quantifiable way. I love the competition around me and the drive to beat the person in the lane next to you. I love thinking about the way you move through the water to create the most streamlined body position while positioning yourself to exert maximal force. But to put it simply, I love it (most of the time)

New Time Standard Achievements - BAC Halloween Pt 2

Slight blip, the Time Standards *Improvement Report* only shows a Standard when a swimmer has swum the event prior, below are the Standards achieved by swimmers in **new** events.

Emilia - 50 FL (B)	Elliott - 200 FR (BB)	Sebastian - 200 BR (B)
Piper - 500 FR (B)	Charlotte - 50 FL (B) - 100 FR (B) - 100 IM (B) - 100 BR (B)	Zachary - 50 BK
Lilah T - 500 FR (BB)		

NC LSC Championship Standards Achievers

LSC Championship Standards Achieved This Season (09/01/2025)

Eliza - 50 FR - 50 / 100 FL	Violet - 50 FR	Ryker - 50 / 100 Fr - 100 BK - 100 BR - 100 FL
Bryson - 100 / 200 BK - 100 FL - 200 IM	Hance - 50 / 100 FR - 100 FL	Behr - 50 / 100 FR - 100 / 200 BR
Evan - 50 / 100 FR	Gentry - 100 BK - 100 / 200 FL	

Mark Your Calendars

- *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

- 11/22 | GOLD Gobbler Invitational @ Goldsboro YMCA **[Deadline | 11/12]**
 - *Breakers, Surge, and Senior swimmers see email for further information*
- 11/22 4:00pm | Mike's Farm for Senior, Surge, and Breakers | We can accommodate 45 for our Hotdog Roast 🔥 Hayride through the Lights 🎄 an email will be sent this week to sign up for your space and for extra side items for dinner (\$25 per for age 5 and over \$10 per for age 3&4)
- 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 11/10	Tuesday 11/11	Wednesday 11/12	Thursday 11/13	Friday 11/14	Saturday 11/15	Sunday 11/16
Event					HS Meet		
Deadline			GOLD				
Meet							
Splash							
PM	4:30 - 5:15	4:30 - 5:15	4:30 - 5:15	4:30 - 5:15	Off	Off	
Tidepool							
PM	4:30 - 5:30	4:30 - 5:15	4:30 - 5:30	4:30 - 5:15	4:30 - 5:30	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	4:30 - 5:45	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	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		

Holiday 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](#)