



2025 - 2026 Newsletter #11 | 11/15/2025

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

***** Full Newsletter Attached *****

Notes

- Purchased Apparel will be available at the pool beginning Monday 11/17/2025

Getting to our High School Seniors

Our next Senior:

Camren Grace



Years Swum	13
High School	Topsail
What other sports / activities do you participate in?	Youth Group, YoungLife, NHS, Senior Class Representative
What are you MOST looking forward to in your Senior Year?	Senior Assassin and figuring out where I am going to college
Favorite Event	100 Fly
Biggest Goal Reached	Qualifying for Senior Champs
Fan Fact?	I love to play UNO
How Has Swimming Helped you	It has helped me manage my time better
Favorite activity outside of school and swimming	Hanging out with friends and going to the beach
What animal would you be?	Sea Turtle
Any goal for your Senior Year that you would like to share with the Team?	Swim under 1 minute in the 100 Fly
What Question should we have asked?	What do you want to be when you grow up?
How would you answer that question?	A physician

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](#) | [Closed](#)]
- 11/22 4:00pm | Mike's Farm
 - Groups | Senior, Surge, and Breakers |
 - We can accommodate 45 for our Hotdog Roast 🔥 Hayride through the Lights 🎄 an email was sent this past 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) Here is the link....
<https://www.signupgenius.com/go/10C0B4FADA822A5FEC16-60443828-mikes>
- 11/26 - 11/30 | Thanksgiving Practice Schedule (link below)
- 12/05 5:00 | Poplar Grove Plantation Festival of Lights
 - Groups | 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 11/17	Tuesday 11/18	Wednesday 11/19	Thursday 11/20	Friday 11/21	Saturday 11/22	Sunday 11/23
Event						GOLD	
Deadline						STAR	
Meet							
Splash							
PM	4:30 - 5:15	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	5:15 - 6:45	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	4:30 - 5:30		
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		

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](#)