



2025 - 2026 Newsletter #9 | 11/02/2025

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

Thought of the Month

It is easy to praise providence for anything that may happen if you have two qualities: a complete view of what has actually happened in each instance and a sense of gratitude. Without gratitude what is the point of seeing, and without seeing what is the object of gratitude?

—EPICTETUS, DISCOURSES, 1.6.1–2

Notes

- 12 & Under Intersquad Volunteer [Link](#)
- Breakers Practice Changes for the 12 & Under Meet
 - Friday 11/07 | **5:30 - 7:00 AM**
 - Saturday 11/08 | **6:30 - 8:00 AM**

November Birthdays

Nina	Bryson	Elias
Callanhan	Vivienne	Evan
Sullivan		

New Time Standard Achievements - BAC Halloween

Eliza - 100 BK (AA) - 200 FR (A)	Powell - 50 FR (B)	Luke - 200 IM (B)
Sebastian - 200 FR (B) - 200 IM (B)	Piper - 200 BR (BB)	Charlotte - 50 BK (B)
Cullen - 50 FR (B)	Eliana - 200 IM (B) - 100 FR (B)	Koen - 50 FR (B)
Ada - 50 BR (B)	Auggie - 50 FL (B) - 50 FR (B)	Beckett - 50 FR (B)
Crosby - 100 BK (BB) - 100 IM (BB) - 100 FL (BB)	Hance - 100 FL (AA) - 200 FR (A) - 200 IM (A)	Behr - 500 FR (A) - 200 FR (A)
CG - 1000 FR (A)	Sullivan - 200 IM (B)	Alexis - 200 Fr (B)
Gentry - 500 FR (A) - 100 BK (AA) - 200 FR (AA) - 200 FL (AA)		

First USA Swimming Meet - BAC Halloween Bash

Matty	Jones	Ellie
Will	Emilia	Grayson
Mary Ella	Cayden	

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

- 11/08 - 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 11/03	Tuesday 11/04	Wednesday 11/05	Thursday 11/06	Friday 11/07	Saturday 11/08	Sunday 11/09
Event		Election Day					
Deadline							
Meet					12 & U	12 & U	
Splash							
PM	4:30 - 5:15	4:30 - 5:15	4:30 - 5:15	4:30 - 5:15	Meet	Meet	
Tidepool							
PM	4:30 - 5:30	4:30 - 5:15	4:30 - 5:30	4:30 - 5:15	Meet	Meet	
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	Meet	Meet	
DL		6:15 - 6:45		6:15 - 6:45			
Breakers							
AM					5:30 - 7:00	6:30 - 8:00	
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 - 8:00	
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 - 8:00	
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](#)