



2025 - 2026 Newsletter 12/21/2025

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

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

Pool Repair Practice Notes & Reminders

- Our practice schedule will remain fluid, as updates are received adjustments will be made and communicated.
- Updates will be posted to the Captyn practice schedule, sent via text, email and posted to the Holiday Break Schedule Google Sheet [here](#)

STAR Triad Tropic Recap

New Team Records

Gentry (13 - 14)	Violet (15 - 16)
- 50 Freestyle - 100 Freestyle - 200 Freestyle - 200 Backstroke	- 100 Freestyle

By the Numbers

Team Records	5
Best Times	146
Finals Swims	32
Top 8 Swims	22
Total Number of Swims	279
Total Number Of Swimmers	41
National Motivational Times Achieved	
AAAA	0
AAA	9
AA	43
A	41
BB	61
B	37
NC Swimming Championship Standards	
AGC	3
SRC	2

New National Motivational Standards

Eliza - 50 BT (A)	Abigail B - 500 FR (BB) - 50 FR (A) - 100 BR (A)	Bryan B - 100 FR (BB)
Elliot - 50 FR (BB) - 50 BR (BB) - 200 IM (BB)	Wolfe - 50 FR (B)	Mikayla - 200 BK (B)
Nina - 100 BR (BB) - 100 FL (BB) - 200 IM (BB)	Olivia C - 200 FR (BB)	Bryson - 100 FR (AA)
Elliana - 50 FR (BB) - 200 BK (B) - 100 BK (B)	Augie - 100 BK (BB) - 100 IM (B)	Crosby - 50 FL (BB) - 200 IM (BB)
Fiona - 100 FR (B)	Hance - 100 BR (BB) - 100 FR (AA) - 100 BK (AA)	Lila P - 100 BR (BB) - 100 BK (A) - 200 IM (A)
Behr - 100 BR (AA) - 100 BK (BB)	Mary Ella - 100 BK (B) - 50 BK (B)	CG - 400 IM (A) - 50 FR (A) - 200 FR (AA)
Lilah T - 100 BR (BB)	Sebastian V - 50 FR (B)	Sophie - 200 FR (A) - 200 BR (AA)
Gentry - 50 FR (AAA) - 200 BK (AA) - 200 FR (AAA) - 100 FR (AAA) - 200 BR (A)	Kemper - 200 BR (BB)	

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]

Upcoming Team Events & Important Dates

- **January 24 - 25** | Tri-Meet @ UNCW [Deadline |]
- See the [Meet Calendar](#) for the Updated January - March Meet Schedule
- **February 28th** | Wilmington Marathon-NSEA Aid Station is #5 on McRae Street near DC Virgo. Volunteer and join us for a super fun race! Sign-up here:
<https://runsignup.com/Race/Volunteer/NC/Wilmington/WilmingtonMarathon>

Schools in Pools

“in water helpers” and “on deck data recorders” are needed for this year’s Schools in Pools, which will be on the following schedule:

- Feb 02 - 06 | Freeman Elementary
- March 23 - 27 | Wrightsboro Elementary
- May 18 - 22 | Castle Hayne Elementary

All groups are Monday - Friday, 8:30 - 11:30am at the Earl Jackson Pool

If you would like more information or are interested in volunteering please contact Mia at Mia@nseaswim.com.

Weekly Practice Schedule

	Monday 12/22	Tuesday 12/23	Wednesday 12/24	Thursday 12/25	Friday 12/26	Saturday 12/27	Sunday 12/28
Event				Christmas			
Deadline							
Meet							
Splash							
PM	Off	Off	Off	Off	Off	Off	
Tidepool							
PM	Off	Off	Off	Off	Off	Off	
DL		Off		Off			
Riptide							
PM	Off	Off	Off	Off	Off	Off	
DL		Off		Off			
Breakers							
AM						Off	
PM	Off	TBD	Off	Off	Off	Off	
DL		Off		Off			
Surge							
AM	Off	TBD	TBD	Off	Off	TBD	TBD
PM	Off	TBD	Off	Off	Off	Off	Off
SR Surge							
AM	Off	TBD	TBD	Off	Off	TBD	TBD
PM	Off	TBD	Off	Off	Off	Off	Off

Social Links

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

Sponsors & Friends

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