



2025 - 2026 Newsletter #11 | 11/22/2025

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

**** Full Newsletter Attached ****



Getting to our High School Seniors

Our next Senior:

Bryson Edwards



Years Swum	12
High School	Ashley
What other sports / activities do you participate in?	Scuba diving & surfing
What are you MOST looking forward to in your Senior Year?	Walking across the stage for graduation
Favorite Event	100 Back
Biggest Goal Reached	Qualifying for USASwimming Futures Championships
Fan Fact?	I enjoy playing guitar
How Has Swimming Helped you	It helps me to get away from all the stress of the day, and clear my head
Favorite activity outside of school and swimming	Hanging out with friends
What animal would you be?	Penguin
Any goal for your Senior Year that you would like to share with the Team?	
What Question should we have asked?	What's your plan for after High School
How would you answer that question?	I plan to go to College and study marine biology

Senior, Surge, Breakers and their families had a blast kicking off the holiday season at Mike's Farm



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

- 11/26 - 11/30 | Thanksgiving Practice Schedule
- 12/05 5:00 | Poplar Grove Plantation Festival of Lights
 - Groups | Riptide, Splash, Tidepool <https://poplargrove.org/festivals/all-is-bright/>
- 12/12 - 12/14 | STAR Triad Tropic @ [GAC](#) [**Deadline** | **Closed**]
- See the [Meet Calendar](#) for the Updated January - March Meet Schedule

Practice Schedule

	Monday 11/24	Tuesday 11/25	Wednesday 11/26	Thursday 11/27	Friday 11/28	Saturday 11/29	Sunday 11/30
Event				Happy			
Deadline				Thanks			
Meet				giving			
Splash							
PM	4:30 - 5:15	4:30 - 5:15	Off	Off	Off	Off	
Tidepool							
PM	4:30 - 5:30	4:30 - 5:15	Off	Off	Off	Off	
DL		5:15 - 5:45		Off			
Riptide							
PM	5:15 - 6:45	5:15 - 6:15	Off	Off	Off	Off	
DL		6:15 - 6:45		Off			
Breakers							
AM						Off	
PM	4:30 - 5:30	5:15 - 6:15	Off	Off	Off		
DL		6:15 - 6:45		Off			
Surge							
AM	Off	Off	6:30 - 8:30	Off	Off	6:30 - 8:30	6:30 - 8:30
PM	6:45 - 8:15	6:15 - 8:15	Off	Off	Off	Off	Off
SR Surge							
AM	Off	5:30 - 7:00	6:30 - 8:30	Off	Off	6:30 - 8:30	6:30 - 8:30
PM	6:45 - 8:15	6:15 - 8:15	Off	Off	Off	Off	Off

Holiday break practice schedules are available [here](#).

Social Links

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

Sponsors & Friends

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