



2025 - 2026 Newsletter #11 | 11/30/2025

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

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

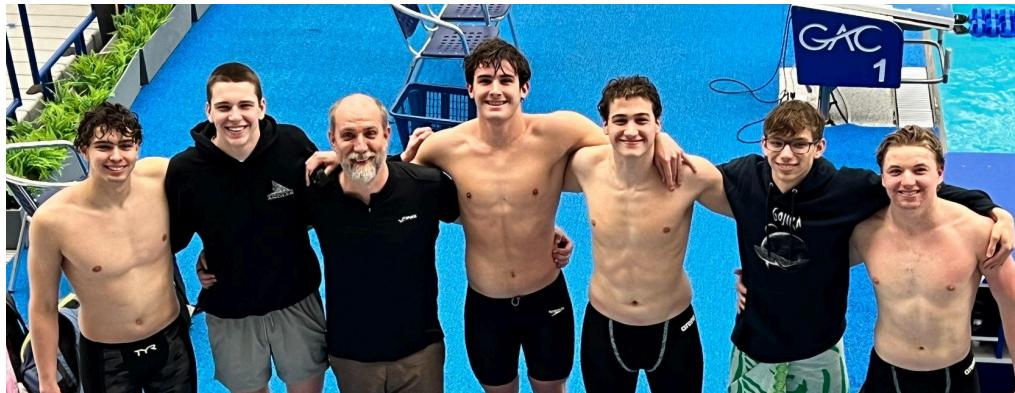
Notes

12/05 / 5:00–9:00 | Poplar Grove Plantation Festival of Lights - bring the family and kickoff the holiday season...we hear Santa may be there. Talk with your teammates and plan to meet up.

- **Groups** | Splash, Tidepool, Riptide | <https://poplargrove.org/festivals/all-is-bright/>
- There will not be practice for these groups this Friday 12/05 so everyone can attend the event

Getting to our High School Seniors

Our next Senior: Evan Sevast



Years Swum	9
High School	South Brunswick
What other sports / activities do you participate in?	Surfing
What are you MOST looking forward to in your Senior Year?	Spending time with my family and friends before college
Favorite Event	100 Fly
Biggest Goal Reached	Senior Sectionals
Fan Fact?	I play 4 instruments
How Has Swimming Helped you	It helps me with my mental health
Favorite activity outside of school and swimming	Surfing
What animal would you be?	cheetah
Any goal for your Senior Year that you would like to share with the Team?	Make futures
What Question should we have asked?	
How would you answer that question?	

December Birthdays

Abigail	Anna	Everett
Josiah	Avery R	Sebastian V

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

- 12/05 5:00–9:00 | Poplar Grove Plantation Festival of Lights - bring the family and kickoff the holiday season...we hear Santa may be there. Talk with your teammates and plan to meet up.
 - Groups | Splash, Tidepool, Riptide | <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

Weekly Practice Schedule

	Monday 12/01	Tuesday 12/02	Wednesday 12/03	Thursday 12/04	Friday 12/05	Saturday 12/06	Sunday 12/07
Event					Lights		
Deadline							
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	Off	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	Off	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 - 8:16	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	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	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](#)