



2025 - 2026 Newsletter 12/07/2025

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

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

Pool Repair Practice Notes & Reminders

- Repairs are scheduled to begin this **Thursday 12/11**
 - There will be **no** PM practice
 - **AM Practice** | 5:30 - 7:00am | SR & Surge
- Repairs are scheduled to be concluded by **Thursday 12/18**
 - **PM** practices should resume that evening
- Our practice schedule will be a little fluid, should repairs finish ahead of schedule we will resume practice earlier, likewise should repairs run longer we will cancel practice.
- Updates will be posted to the Captyn practice schedule and sent via text and email

Getting to our High School Seniors

Our Final Class of 2026 Senior: Will House

	Years Swum	14
	High School	Laney
	What other sports / activities do you participate in?	Eagle scout, a member of National Honor Society and own my own photography business.
	What are you MOST looking forward to in your Senior Year?	Spending time with friends at swim
	Favorite Event	200 Freestyle
	Biggest Goal Reached	Senior Sectionals
	Fan Fact?	I can juggle
	How Has Swimming Helped you	Swimming has built up my self confidence and allows me to take a break, forgetting about the outside world when I'm in the pool.
	Favorite activity outside of school and swimming	Photography
	What animal would you be?	Bunny Rabbit
	Any goal for your Senior Year that you would like to share with the Team?	Achieve a Futures Cut
	What Question should we have asked?	Favorite swimming memory
	How would you answer that question?	When I got my first Age Group champs cut

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

- 12/12 - 12/14 | STAR Triad Tropic @ [GAC](#) [**Deadline | Closed**]
- See the [Meet Calendar](#) for the Updated January - March Meet Schedule

Weekly Practice Schedule

	Monday 12/08	Tuesday 12/09	Wednesday 12/10	Thursday 12/11	Friday 12/12	Saturday 12/13	Sunday 12/14
Event				PM	PM	PM	PM
Deadline							
Meet					STAR	STAR	STAR
Splash							
PM	4:30 - 5:15	4:30 - 5:15	4:30 - 5:15	Off	Off	Off	
Tidepool							
PM	4:30 - 5:30	4:30 - 5:15	4:30 - 5:30	Off	Off	Off	
DL		5:15 - 5:45		Off			
Riptide							
PM	5:15 - 6:45	5:15 - 6:15	5:15 - 6:15	Off	Off	Off	
DL		6:15 - 6:45		Off			
Breakers							
AM						Off	
PM	4:30 - 5:30	5:15 - 6:15	6:15 - 8:15	Off	Off		
DL		6:15 - 6:45		Off			
Surge							
AM	Off	Off	Off	5:30 - 7:00	Off	Off	
PM	6:45 - 8:15	6:15 - 8:15	6:15 - 8:15	Off	Off	Off	
SR Surge							
AM	Off	5:30 - 7:00	Off	5:30 - 7:00	Off	Off	
PM	6:45 - 8:15	6:15 - 8:15	4:15 - 6:15	Off	Off	Off	

*** Updated 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](#)