



2025 - 2026 Newsletter 12/14/2025

- 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

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
- 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 12/15	Tuesday 12/16	Wednesday 12/17	Thursday 12/18	Friday 12/19	Saturday 12/20	Sunday 12/21
Event	PM	PM	PM	PM HS Senior Night	CB	CB	CB
Deadline							
Meet							
Splash							
PM	Off	TBD	TBD	4:30 - 5:15	Off	Off	
Tidepool							
PM	Off	TBD	TBD	4:30 - 5:15	4:30 - 5:30	Off	
DL		TBD		5:15 - 5:45			
Riptide							
PM	Off	TBD	TBD	5:15 - 6:15	5:15 - 6:45	Off	
DL		TBD		6:15 - 6:45			
Breakers							
AM						8:30 - 10:00	
PM	Off	TBD	TBD	5:15 - 6:15	4:30 - 5:30		
DL		TBD		6:15 - 6:45			
Surge							
AM	Off	Off	Off	Off	6:30 - 8:30	6:30 - 8:30	6:30 - 8:30
PM	Off	TBD	TBD	5:15 - 6:15	Off	Off	
SR Surge							
AM	Off	TBD	Off	TBD	6:30 - 8:30	6:30 - 8:30	6:30 - 8:30
PM	Off	TBD	TBD	Off	Off	Off	

Social Links

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

Sponsors & Friends

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