



## 2025 - 2026 Newsletter 12/14/2025

- Website | [www.nseaswimteam.com](http://www.nseaswimteam.com)
- Captyn | [nseaswim.captyn.com](http://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](mailto: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
<b>Event</b>	PM	PM	PM	PM HS Senior Night	CB	CB	CB
<b>Deadline</b>							
<b>Meet</b>							
<b>Splash</b>							
PM	Off	TBD	TBD	4:30 - 5:15	Off	Off	
<b>Tidepool</b>							
PM	Off	TBD	TBD	4:30 - 5:15	4:30 - 5:30	Off	
DL		TBD		5:15 - 5:45			
<b>Riptide</b>							
PM	Off	TBD	TBD	5:15 - 6:15	5:15 - 6:45	Off	
DL		TBD		6:15 - 6:45			
<b>Breakers</b>							
AM						8:30 - 10:00	
PM	Off	TBD	TBD	5:15 - 6:15	4:30 - 5:30		
DL		TBD		6:15 - 6:45			
<b>Surge</b>							
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	
<b>SR Surge</b>							
AM	Off	TBD	Off	<b>TBD</b>	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](#)