

2025 - 2026 Newsletter #2 | 09/06/2025

Team Photo & Picnic

Team Website Address | www.nseaswimteam.com

Captyn Address | nseaswim.captyn.com

Newsletter Archive | <https://www.nseaswimteam.com/weekly-newsletter-3-09-06-2025>

Notes

- If you would like a more “app” like experience for Captyn follow the directions below
 - <https://uewtfkttb.gleap.help/en/articles/76-creating-a-captyn-app>
- Excellent job on Parking this week keep it up!
- Dryland for Tidepool, Riptide, and Breakers begins the week of 09/15 (Next Week)

Equipment / Caps

- FINIS Equipment is being passed out during practice Several fin sizes are on back order and will be passed out once they are received.
- Hand Paddles should be available the week of 09/15
- Swim Caps will be passed out once they have been received

Fitter & Faster Camp Information



Fast Starts, Turns, Underwaters & More Swim Camp

**Fitter & Faster is producing a 2-day swim camp
at the Earl Jackson Pool in Wilmington, North
Carolina on September 27 & 28, 2025!**

DAY 1 (Saturday, September 27):

- Starts, Underwaters & Breakouts

DAY 2 (Sunday, September 28):

- Flip Turns, Open Turns & Finishes



Scan Now
to learn more and to register

Earl Jackson Pool

750 Bess St, Wilmington, NC 28401

We're excited to share some great news....Olympic Gold Medalist Tyler Clary has been announced as the lead clinician for our upcoming Fitter & Faster camp on September 27 & 28!



Tyler is not only an Olympic Champion but also one of the most versatile racers of his generation. His experience on the world stage and his ability to connect with athletes of all levels will make this camp an incredible opportunity for our swimmers to learn from one of the best.

Upcoming Team Events & Important Dates

- Saturday 09/13 | [Team Photo & Welcome Picnic](#) @ EJP [Deadline 09/10/2025]
- Week of 09/15 | Tidepool, Riptide, and Breakers Dryland Begins
- Saturday 09/27 & 09/28 | Fitter Faster Swim Camp

Meets & Sign Up Deadlines

- 09/20 - 09/21 | [BAC Dual Meet](#) @ BCC [-- Deadline | **This Wednesday 09/10 --**]
- 10/24 - 10/26 | BAC Halloween Bash @ BCC

Practice Schedule

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

Social Links

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

Sponsors & Friends

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