



2025 - 2026 Newsletter #4 | 09/20/2025

- Website | www.nseaswimteam.com
- Captyn | nseaswim.captyn.com
- Online Newsletter | Will be published Monday 09/22

Dates of Note

- *Friday October 31st* | NO Afternoon Practices [Halloween]
- *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]

Something to Think About

“When the archer shoots for no particular prize, he has all his skills. When he shoots to win a brass buckle, he is already nervous. When he shoots for a gold prize, he goes blind, sees two targets, and is out of his mind. His skill has not changed, but the prize divides him. He cares! He thinks more of **winning** than of **shooting**, and the need to win drains him of power.”

- From Stop Fixing Yourself

- Anthony DeMelo SJ

Fitter & Faster Clinic Information

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 next weekend 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.

Sign Up

[Swimmers ages 9 to 11](#) will work on explosive starts, fast underwater, clean breakouts, smooth turns, and well-timed finishes—building strong fundamentals that can make a big difference in every race.

[Swimmers ages 12 & over](#) will dig into advanced racing details—maintaining momentum from the blocks and walls, refining underwater dolphin kicks, and executing fast, efficient turns and finishes under pressure. ONLY A COUPLE SPOTS LEFT IN THIS SESSION!

Upcoming Team Events & Important Dates

- 09/27 & 09/28 | Fitter Faster Swim Camp
- 11/08 - 11/09 | 12 & Under Intersquad @ EJP
- 11/14 - 16 | 13 & Over @ Gamecock Invitational (USC)
- Saturday 11/22 4:00pm | Mike's Farm for Senior, Surge, and Breakers | Sign up with more info will be available soon
- Riptide, Splash, Tidepool event details will be announced soon

Practice Schedule

	Monday 09/22	Tuesday 09/23	Wednesday 09/24	Thursday 09/25	Friday 09/26	Saturday 09/27	Sunday 09/28
Event						F&F	F&F
Deadline							
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 - 5:15	4:30 - 5:30	4:30 - 5:15	4:30 - 5:30		
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	5:15 - 6:45		
DL		6:15 - 6:45		6:15 - 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		
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		
SR Surge							
AM	Off	5:30 - 7:00	Off	Off	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		

Social Links

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

Sponsors & Friends

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