



Express

NEWSLETTER

SWIM LESSONS

SWIM TEAM

MASTERS

SPRING/SUMMER 2026

SPRING/SUMMER PRACTICE SCHEDULES

Practice changes will be reflected on your Captyn account.

SPRING/SUMMER MEET SCHEDULE

SUMMER SWIM CAMP

for Super 8's and AG 1 Swimmers

June 1 – 3 and July 27 – 29

6:00 – 7:30 p.m.

FUNDRAISERS

FLOWER SALE! We ask each family to participate in one fundraiser each year. Your first option is our Flower Sale and it's a great one! Flowers come from Shady Lane Greenhouse in Menomonee Falls and will be delivered to Waukesha South for pick up on May 2. **Order due date is April 13!**



The forms were emailed out recently, but if you can't find that email or need help, contact Laurie Carlson at laurie@waukeshaexpress.org.

BREWERS TAILGATE & GAME! This year's event will be held on Saturday, September 12 when the Brewer's play the Cincinnati Red at 6:10 p.m. Mark your calendars and join us for fun night at the ballpark. We provide dinner, games and raffles! Cost: \$53/person (includes bleachers game ticket).



We are currently looking for sponsors for this event. If you have or know a local business that would be interesting in sponsoring this event, in exchange for advertising at our home meets, website and special event signage. please contact Laurie Carlson at laurie@waukeshaexpress.org.

FUNDRAISING BUYOUT OPTION: \$50, complete your buy out here.

LEARN. Sometimes you win, sometimes you learn.

MEET WORKER JOB DESCRIPTIONS

ANNOUNCER: Works closely with the starter to keep the meet running smoothly. Announces events, heats and swimmers over the PA system.

AWARDS: Attach award labels to awards and sort by team for coach pick up.

TIMING SYSTEM OPERATOR: Should have experience using a Colorado Timing system. If you'd like to learn this position, contact Blaine Carlson at blaine@waukeshaexpress.org.

HY-TEK MEET MANAGER (AO): Experience is required for this position. It involves importing times from the timing system, verifying times and scoring. Most meets will require Administrative Official certification.

MEET MARSHALL/SAFETY MARSHALL: Ensures safety on the pool deck, bleachers, and in warm-down/warm-up areas. Also assists with monitoring locker rooms as needed. Locker room check should always be done with two adults.

OFFICIALS: Training and certification is required for all officials. If you'd like more information on how to become an official please contact Megan Dixson at dixsonfamily2000@gmail.com.

RUNNER: Collects time cards and disqualification slips from the timers and officials and deliver them to the scorer's table, and/or post final results.

TIMERS: We will provide you with stopwatches to get manual times for each race. One timer will also be responsible for recording times. Timers are a back up for our timing system. An official will hold a timer's meeting prior to each session with specific instructions for the meet. We will have one head official and one back up official for each session.

MEET DEADLINES

The spring and summer sessions go by quickly, and deadlines are coming up! The sign up for meets and meet worker shifts will show up on your dashboard. Keep in mind, we may not be able to add swimmers after a deadline.

Meet fees are charged to your account when the deadline has closed on Captyn, and entries have been finalized. You are responsible for all meet entry fees even if your swimmer does not attend, we do not receive a refund for no shows.

Upcoming deadlines:

April 12: MAC Midwest Invitational, May 15 - 17 (UW - Madison)

April 19: Express Senior Sprint Challenge with BAC and VAST, May 2 (Waukesha South)

April 26: Express Swim Meet for Super 8's and AG1, April 30 (Waukesha South)

April 26 Express *Age Group Block Party Swim Meet, May 4 (Waukesha South)

*Age Group Swim Meet = Super 8's, AG1, AG2, and AG3

MEET WORKER BUY OUT OPTION

Due by April 15: \$100, [Click here to complete on your Captyn account.](#)

GROW. Always do what you are afraid of doing.

USA SWIMMING MEMBERSHIP 2026

New swimmers: Registration with USA Swimming is required and should be completed before your swimmer's first swim team practice.

Steps to complete this registration:

- Create a new parent account at: hub.usaswimming.org
- After you have completed creating your account use this unique link to register your swimmer: <https://omr.usaswimming.org/omr/welcome/FE98436BA53C61>
- Click on Register New Member button
- Click on I am Registering My Child button
- Be sure to complete the process and submit payment, without payment your child's membership is not complete.

Transfer Swimmers: You are required to complete the transfer on your USA Swimming account. Our team code: WEST-WI

LEAD COACHES

Super 8's: Alec Carlson (alec@waukeshaexpress.org)

AG White and AG Black: Nickie Tew (nickie@waukeshaexpress.org)

AG Performance: Nathan Carlson (nathan@waukeshaexpress.org)

MS/HS Training Group: Sam Wade (sam@waukeshaexpress.org)

Senior Black: Nathan Carlson (nathan@waukeshaexpress.org) and Laurie Carlson (laurie@waukeshaexpress.org)

Senior White: Sam Wade (sam@waukeshaexpress.org)

National Team: Blaine Carlson (blaine@waukeshaexpress.org) and Alec Carlson (alec@waukeshaexpress.org)

Masters: Coach Nickie (nickie@waukeshaexpress.org)

SCRIP FUNDRAISER (OPTIONAL)

RAISE RIGHT

Next due date: May 6

Next delivery date: May 13

Website: <https://www.raiseright.com>

Organization ID: 918EE8AD13252

MASTERS SWIMMING (ADULTS)

Spring Session: May 1 – August 31, 2026

M/W/F: 5:30 – 6:45 a.m.

Join Coach Nickie and the group at Waukesha South – all levels of swimmers welcome!

[Link to online registration.](#)

THRIVE. Choose to be your best self.