



NEWSLETTER

SWIM LESSONS

SWIM TEAM

MASTERS

ARE YOU ON CAPTYN?

We have successfully transitioned to Captyn and launched our new website. If you haven't created your new account yet, please do so as soon as possible.

If you're not receiving emails from Captyn, contact us as soon as possible.

Please take a moment to review all the items that require your attention in your new Captyn account on page 2 of this newsletter.

CAPTYN CHECKLIST:

1) Check to make sure all of your information is correct and all of your swimmers are on your account. If you have duplicates please let us know. We can merge these and avoid confusion.

2) On your dashboard you should have meets and volunteer sign ups available. If you signed up to work at January & February meets in the SportsEngine app, those have not carried over to Captyn - sorry! You will need to sign up again.

Job sign up links:

[December Block Party Meet, December 16](#)

[January Block Party Meet, January 10](#)

[January Heatin' Up Meet, January 17 - 18](#)

3) Billing for meets will happen when entries are finalized and submitted to the host team. This is different than in the past, and important to be aware of this change.

4) Our first meet deadline is December 9 for the December Block Party meet. Senior Team 1 and Senior Team 2 swimmers that would like to swim a distance race (500 Free or 400 IM) should sign up online by December 9. **If you don't sign up, you can't race in the meet!** This is a great opportunity to get a seed time and try a new race, or get an updated seed time if you haven't swam the race in awhile. Senior Team 1 and Senior Team 2 swimmers that are racing will join practice after completing the race.

5) Your swimmer's schedule should be on your dashboard. Be patient with us while we all learn the in's and out's of our new system. We are also emailing you right now if we have a change. Questions about the age group schedule should be directed to Nickie and Senior group schedules to Blaine.

LEARN. Sometimes you win, sometimes you learn.

CHAMPIONSHIP MEET APPAREL SC 2025/26

Championship meet apparel is online and available to purchase through January 15, 2026. This is set up as a program offering, under the Swim Team, Winter Session. You will have to add your swimmer to the cart and then these items are "Add-ons" in your cart. Click Next, Continue and Continue and then you will see your options displayed.

National Team Uniform (for all swimmers attending the NCSA Junior National Championships in March. If your swimmer is close to qualifying for this meet you should order the State Team Uniform now and we can update this when your swimmer makes his/her cuts)

State Team Uniform (swimmers that qualify later can be added by contacting Laurie Carlson)

NCSA Age Group Championships Uniform (for swimmers that are attending the age group championships in Orlando)

Championship Meet T-shirts (available to all swimmers and parents)

[Click here to start this registration process](#), you will be directed to the offering in Captyn.

SPRING/SUMMER REGISTRATION 2026

The spring/summer registration information has been posted. Registration due date is January 15, 2026. Swimmers that are registered for both spring and summer session (must be completed at the same time) by January 15 will receive a \$50 discount (per swimmer).

[Click here for the link to the registration page in Captyn.](#) You can filter by Program once you are on that page.

SPRING/SUMMER PRACTICE SCHEDULES [available on our website](#)

MARCH MADNESS PROGRAMMING included for all swimmers registered for the Spring Session

March 9 - 25: M/W/S

Senior 1/2/3: 4:00 - 6:00 p.m.

Super 8's/AG1/AG2/AG3:
6:00 - 7:30 p.m.

GROW. Always do what you are afraid of doing.

WINTER SWIM CAMPS

Our winter swim camps will be held on Monday, December 29 and Tuesday, December 30. Swimmers can do one or both days! These are available to our Super 8's and Age Group 1 swimmers and a great way to stay active over the holiday break.

The coaches will focus on skill development on the four competitive strokes, starts, and turns. Each day will finish with a fun activity or friendly races.

Times: 9:00 – 10:30 a.m.

Cost: \$25

[Click here to sign up!](#)

USA SWIMMING MEMBERSHIP INFORMATION 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](https://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](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 1 AND 2: NICKIE TEW (NICKIE@WAUKESHAEXPRESS.ORG)

AG 3: NATHAN CARLSON (NATHAN@WAUKESHAEXPRESS.ORG)

MS/HS TRAINING GROUP: SAM WADE (SAM@WAUKESHAEXPRESS.ORG)

SENIOR 2: NATHAN CARLSON (NATHAN@WAUKESHAEXPRESS.ORG) AND LAURIE CARLSON (LAURIE@WAUKESHAEXPRESS.ORG)

SENIOR 1: SAM WADE (SAM@WAUKESHAEXPRESS.ORG)

SENIOR 3: BLAINE CARLSON (BLAINE@WAUKESHAEXPRESS.ORG) AND ALEC CARLSON (ALEC@WAUKESHAEXPRESS.ORG)

MASTERS: COACH NICKIE (NICKIE@WAUKESHAEXPRESS.ORG)

HOLIDAY BREAK SCHEDULE

CLICK HERE FOR THE SCHEDULE: [DECEMBER 20 – JANUARY 4](#)

THRIVE. Choose to be your best self.