

The logo for 'Express' is written in a red, cursive, handwritten-style font.

NEWSLETTER

SWIM LESSONS

SWIM TEAM

MASTERS

SPRING/SUMMER 2026

Our spring session is here and we are excited for the new season! Use the links below for our practice schedules and meet schedules. The summer practice schedule is still tentative but we will look to finalize it over the next week or two after we have our numbers for the summer.

Super 8's and AG 1: we have added Monday evenings to the practice schedule for the summer session.

SPRING/SUMMER PRACTICE SCHEDULES

[click here to view on our website](#)

We will follow our spring schedule through June 13 and transition to our summer schedule on Monday, June 15.

SPRING/SUMMER SWIM MEETS

[click here to view on our website](#)

NEW PARENT MEETING, APRIL 9, 6:30 p.m.

Coach Nickie is hosting a new parent meeting at Waukesha South High School on April 9. This is a great opportunity to ask questions and learn more about our team to help you and your swimmer get started this spring.

If you are unable to attend, please don't hesitate to reach out to Coach Nickie. She is available to help and answer your questions. Her email is nickie@waukeshaexpress.org or you can talk to her before or after practices.

LEARN. Sometimes you win, sometimes you learn.

FLOWER SALE!

This is one of two fundraisers that we offer each year 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.

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



MEET SIGN UP/VOLUNTEER SIGN UP

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 2: Express April Long Course Opener, April 25/26 (Pleasant Prairie Rec Plex)

April 6: BDSC May Mania Long Course Meet, May 8 - 10 (Pleasant Prairie Rec Plex)

April 12: MAC Midwest Invitational, May 15 - 17 (UW - Madison) *Sign up not available yet

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

April 22: Express Swim Meet for Super 8's and AG1, April 30 (Waukesha South)

April 27: Express *Age Group Block Party Swim Meet, May 4 (Waukesha South)

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

CREW LAB

This spring our Senior Team 3 group will pilot a new program for our team. In partnership with Crew Lab, we will be using their app to communicate, educate and manage the group. Our hope is that by using this app it will provide actionable insights to help our swimmers.

Senior Team 3 families should look for an email from Blaine. He needs an email for each swimmer along with a parent email. Parents will be copied on all communications to meet Safe Sport requirements. Please get back to Blaine this week with email addresses so we can get started!

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: April 1

Next delivery date: April 8

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

Organization ID: 918EE8AD13252

MASTERS SWIMMING (ADULTS)

Winter session: January 2 – April 29, 2026

M/W/F: 5:30 – 6:45 a.m.

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

THRIVE. Choose to be your best self.