



NEWSLETTER

SWIM LESSONS

SWIM TEAM

MASTERS

SCHEDULE UPDATES

Tuesday, December 16: No practice for Super 8's, AG 1, AG 2, AG 3. Block Party Swim Meet - swimmers in the meet should arrive at 5:15 p.m. Warm-ups: 5:30 p.m. Meet starts 6:15 p.m.

Wednesday, December 17: High school meet at Waukesha South. Schedule as follows:

Senior 1/2/3: 5:30 - 8:30 p.m.

Super 8's: 6:30 - 7:30 p.m.

MS/HS Training Group: 7:00 - 8:00 p.m.

No AG 2 or AG 3 practices for the evening.

Thursday, December 18: Normal schedule. AG 2 and AG 3 will practice 7:00 - 8:30 p.m. (due to change on 12/17)

Holiday Schedule: December 20 - January 4. [Click here to view schedule on our website.](#)

Last practice for Super 8's and AG 1 for Fall II session is Tuesday, December 22.

SWIM MEETS

JOB SIGN UP LINKS

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

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

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

MEET ENTRY DEADLINES

LFSC Windy City Open, January 3 - 4, Due date: December 15

Age Group Block Party Swim Meet, January 10, Due date: January 2

Express Heatin' Up in January Swim Meet, January 17 - 18, Due date: January 5

Rocket Aquatics Speedo Sprint Cup Challenge, January 24m Due date: January 9

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
- 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)

HOLIDAY BREAK SCHEDULE

[Click here to view holiday break schedule on our website.](#)
[December 20 – January 4.](#)

THRIVE. Choose to be your best self.