

A photograph of several swimmers in a pool, performing the butterfly stroke. The water is a vibrant blue, and the swimmers are creating white splashes as they move. The background shows lane lines and other swimmers.

Express

NEWSLETTER

SWIM LESSONS

SWIM TEAM

MASTERS

SPRING/SUMMER 2026 TEAM GEAR & REGISTRATION

CUSTOM TEAM CAPS & CUSTOM MESH BAGS

Use the [Custom Team Gear for Beginning of Season](#) to order custom team caps & custom mesh bags. The spring & summer sessions go by fast, this will likely be our only order of caps for the season, please plan accordingly. To order: use the [Team Gear for Beginning of Season program on Captyn](#). Add your swimmer to the program and then during the check out process you will have the option to add these items.

If you haven't registered for spring or summer yet, [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. (Sat: 7:00 - 9:00 a.m.)
Super 8's/AG1/AG2/AG3: 6:00 - 7:30 p.m. (9:00 - 10:30 a.m.)

SCHEDULE UPDATES

[Click here for schedule changes & end of season updates.](#)

TEAM DINNERS

Tuesday, February 17: Age Group Team Dinner, 7:00 p.m.
[Sign up here by February 10!](#)

Tuesday, February 24: State Team Dinner, 6:45 p.m.
[Sign up here by February 17!](#)

LEARN. Sometimes you win, sometimes you learn.

WE NEED YOUR HELP!

We are looking for your help with our final meets of the season. Our team is hosting the Triangular on February 8, Last Chance Time Trial on February 15 and the 11 - 14 State Championships March 6 - 8. Note: the 11 - 14 State Championships will be held at the Rec Plex in Pleasant Prairie. We appreciate your help and look forward to our final meets of the season!

Use the links below to sign up!

[February 8 Triangular](#)

[February 15 Last Chance Time Trial](#)

[March 6 - 8: 11 - 14 State Championships](#)

ALL CITY SWIM MEET 2026

The All-City Swim program is scheduled for March 14, April 11 and swim meet on April 18. This is a program we offer in partnership with the School District of Waukesha for the 3rd, 4th and 5th graders in the district. We will need parent and senior swimmer help for the practices and swim meet. The volunteer sign up has been posted.

We have secured an Event Sponsor, thank you to **ThermTech** for sponsoring this again in 2026. We are still looking for additional sponsors. If you have a business interested in sponsoring this event let us know!

MEET ENTRY DEADLINES

Triangular with BAC and LAKE, February 8. Due date: January 28

Last Chance Meet, February 15. Due date: February 6

Regional meet, February 20 - 22. Due date: February 2

State Meets: Due date. February 16

Avoid missing a deadline and sign up today! Go to Swim Meets on your Captyn dashboard to sign up!

HIGH POINT WINNERS - ROCKET AQUATICS SPEEDO SPRINT CHALLENGE

Congrats to all of the high point winners from the Rocket Aquatics Speedo Sprint Challenge this past Saturday! Way to go Express!

9 - 10 Girls: Hazel Zdon (2nd place)

9 - 10 Boys: Ryan Malczewski (1st place)

11 - 12 Girls: Hannah Linse (3rd place)

11 - 12 Boys: Bryce D'Amico (2nd place)

13 - 14 Girls: Breena Stanley (2nd place)

13 - 14 Boys: Ronin Hill (1st place)

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: February 4

Next delivery date: February 11

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.