

A photograph of several swimmers in a pool, performing the butterfly stroke. The water is a vibrant blue, and the swimmers are creating white spray as they move.

Express

# NEWSLETTER

SWIM LESSONS

SWIM TEAM

MASTERS

## SPRING/SUMMER 2026

**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.

## SCHEDULE UPDATES

### Thursday, January 8:

Normal schedule but adding 30 minutes to AG 2 and AG 3 practices, 7:00 - 8:30 p.m.

### Saturday, January 10:

Regular schedule for Senior groups.

No Age Group practices due to Block Party Swim Meet. Swimmers entered in Block Party meet should arrive by 9:45 a.m. Warm-ups: 10:00 a.m., Meet starts at approx 10:45 a.m.

### Saturday, January 17 and Saturday, January 24:

No practices due to swim meets.

**LEARN. Sometimes you win, sometimes you learn.**

# CHAMPIONSHIP MEET APPAREL SC 2025/26: Orders due January 15

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.

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

## UPCOMING EVENTS

### **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 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> 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!

### **JOB SIGN UP LINKS**

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

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

[Triangular with BAC and LAKE, February 2](#)

Meet worker credits will be posted at the end of the season.

### **MEET ENTRY DEADLINES**

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

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

## EXPRESS SWIMMERS AT MID-STATES ALL STAR MEET

Four Express swimmers were selected as members of Team Wisconsin for the 2026 Mid-States All Star Meet. They competed at the Indiana University Natatorium in Indianapolis, Indiana last weekend.

Congratulations to Rachel Burzynski, Durham Ditch, Andrew Gustafson and Brittany Marinello.



**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](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>
- 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](mailto:alec@waukeshaexpress.org))

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

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

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

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

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

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

Masters: Coach Nickie ([nickie@waukeshaexpress.org](mailto:nickie@waukeshaexpress.org))

## SCRIP FUNDRAISER (OPTIONAL)

RAISE RIGHT

Next due date: January 7

Next delivery date: January 14

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

Organization ID: 918EE8AD13252

## MASTERS SWIMMING (ADULTS)

Next session starts 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.**