

Express

NEWSLETTER

SWIM LESSONS

SWIM TEAM

MASTERS

END OF SEASON TEAM APPAREL (LONG COURSE SEASON 2026)

Check out [your end of season apparel options here!](#) Orders are due June 18. To order, add your swimmer to the program (\$0) and go to your cart. Each team apparel item is listed as an add-on.

Items available: Championship Meet T-shirts for swimmers and parents, State Team Gear, and NCSA Summer Championship Team Uniform.

SPRING/SUMMER 2026

SPRING/SUMMER PRACTICE SCHEDULES

Practice changes will be reflected on your Captyn account.

SPRING/SUMMER MEET SCHEDULE

SUMMER SWIM CAMP

for Super 8's and AG 1 Swimmers

June 1 - 3 and July 27 - 29

6:00 - 7:30 p.m.

2026/2027 SWIM TEAM REGISTRATION

We have changes for registration this fall, and have put together a document that goes over all of the details. Please take a minute to review and ask questions in advance of the July 1 deadline.

[Link to 2026/2027 Fall Registration Information](#) (red button under Swim Team Information)

Step 1: Annual Fee/Deposit - Due July 1

You can also complete the deposit by using the link at the bottom of the group registration.

Step 2: Register for Swimmer's Group - Due July 1 (monthly payments start August 1)

See details for annual option in the Fall Registration Information. Dates, practice schedules and more information can be found in description for each group.

LEARN. Sometimes you win, sometimes you learn.

THANK YOU!

Thank you to all of the parents that have volunteered the past two weekends at our swim meets. We appreciate your help, we can't offer these opportunities for the swimmers without your help!

And a special shout out to Natalie Hahlen for organizing our annual flower sale! We had great participation this year, thank you to everyone that ordered. Enjoy your flowers!

thank you

UPCOMING EVENTS

END OF SCHOOL YEAR TEAM PICNIC: JUNE 12

SENIOR TEAM PICNIC: 3:30 – 5:30 p.m.

AGE GROUP TEAM PICNIC: 5:30 – 7:00 p.m.

[Sign up here!](#)

At Minooka Park, Shelter #1 (Waukesha Co. park daily/annual pass required for vehicle.)

We will provide hot dogs & brats. A sign up will be coming soon for a dish/beverage to share.

TEAM AWARDS NIGHT - MONDAY, AUGUST 10

[Sign up and check out more details here!](#)

This is for all swimmers & families to celebrate their achievements over the past year!

BREWER'S TAILGATE & GAME - SATURDAY, SEPTEMBER 12

MARK YOUR CALENDARS FOR SEPTEMBER 12!

The Brewer's play the Cincinnati Reds at 6:10 p.m. and we will host a tailgate from 4:00 – 6:00 p.m.

The evening includes: tailgate dinner, games, and raffles for special team gear!

[Tickets: \\$53/person, link to register here!](#) Use the link for more information as well!

MEET DEADLINES

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.

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

Upcoming deadlines:

May 10: Alligator Aquatics 2026 Summer Splash, June 26 – 28 (Rec Plex)

May 17: Express Red vs. Black Long Course Meet on June 14 (Rec Plex)

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: May 6

Next delivery date: May 13

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

Organization ID: 918EE8AD13252

MASTERS SWIMMING (ADULTS)

Spring Session: May 1 – August 31, 2026

M/W/F: 5:30 – 6:45 a.m.

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

[Link to online registration.](#)

THRIVE. Choose to be your best self.