

FCST Newsletter For The Week Of March 8, 2010

Thought Of The Month: "Some succeed because they are destined to, but most succeed because they are determined to." Henry Van Dyke

This Week's Announcements (details follow outline):

I. Practice Changes For This Week

Check SCHEDULE CHANGES on the FCST Home Page Daily

**** Spring Break for FCST will be FRIDAY March 12 - Saturday March 20 ****

**** see exceptions listed below ****

II. Breaking News

1. Summer Concession Stand Fundraising 2010 – Few Spots Left – Do you want to help?
2. Spring Schedule - Starts March 22 – PLEASE READ
3. New Rules For Open Water Swimsuits
4. Thanks To All Timers

III. What's Happening This Week

1. **Friday:** Concessions Stand Fundraising – Update – Do You Want To Help? RSVP DUE...

IV. Reminders

1. No Practice During Spring Break - March 12 - March 20
2. Developmental Banquet – March 27th RSVP Due By March 22
3. Volunteer Coordinator Opportunity For FCST Hosted Meets
4. Nominations Due for Board of Directors By March 19th
5. Clinics For FCST Swimmers Returning To SW Houston Summer Rec League
6. Do You Have Friends That Swim Summer Rec League?
Spring Clinic Information For non FCST Swimmers Now Posted
7. Office Hours For This Week
8. Team Hotels Posted
9. SCRIP Stock Available

***** **DETAILS BELOW** *****

I. Practice Changes for this week

Please check all schedule changes and Saturday practice schedule on the FCST Home Page under SCHEDULE CHANGES. The SCHEDULE CHANGES module is located on the left hand side of the page, click [HERE](#).

**** Spring Break for FCST will be FRIDAY March 12 - Saturday March 20 ****

Exceptions:

- TAGS swimmers: Please check your group pages later this week if your swimmer is preparing for TAGS
- there may be practice on Friday and Saturday for TAGS swimmers that have not left for TAGS.

- Seniors will have an optional practice at the AC on Monday (3/15), Wednesday (3/17) and Friday (3/19) from 9:30 - 10:15 AM. The bathrooms and hallway at the AC will be closed this week, so if Seniors do swim they will only be able to enter in the gate off of the parking lot by the park.

- Masters: please check website later this week for your Spring Break practice schedule. There will not be any practices at the AC because of repairs. AC practices will be moved to Colony Grant.

******Please check the FCST Home Page Schedule Changes daily.
This contains the most up to date news on schedule changes.**

II. Breaking News

1. Summer Concession Stand Fundraising 2010 – Still A Few Spots Left – Do You Want To Help

We are still looking for a few more families who would like to earn extra money toward their swimmer's travel and meet fees through the summer concession stand fundraisers. The most urgent need is for the 3:00 pm-6:00 pm shift. Spots are limited, so hurry and sign up.

We will again be serving concessions at the New Territory Torpedoes and First Colony Gold home meets. Below are the guidelines for participating in this fundraiser:

1. All meets are on Monday evenings with the first meet of the season being June 7. The final schedule has not yet been set by the recreation league. The concession stand will be open from 4:00PM-8:30PM. All clean up will be finished by 9:00PM.
2. Hours for volunteering are 3PM-6PM or 6PM-9PM. We will also need shopping help during the weekend prior to the meets. One coordinator is needed per shift at both locations. This person will work with other volunteers to ensure that food is prepped on time and that each shift runs smoothly. Shift coordinators must be adults.

3. There are approximately 250 hours of work needed to run these 2 concession stands for the 6 total meets. The hours will be divided on a first come, first served basis. Funds will be split based on number of hours worked in any of the above areas. Shift coordinators receive 5 hours credit for every 3 hour shift worked.
4. You must commit to a minimum of two, 3 hour shifts. This can be swimmer only or a combination of swimmer with a parent. Parent hours receive fundraising credit also. Funds earned can be used toward future travel fees or meet fees. You will need to communicate your choice of use for the funds to our finance manager.
5. Swimmers aged 11-14 must be accompanied by a parent. The parent's time is also counted toward fundraising.
6. For food handling and safety reasons, no one under the age of 11 will be permitted to work.
7. We will have one brief meeting prior to the first concession stand opening to go over the menu and operating procedures. This will take place some time in late May.

If you have questions or are interested in this fundraising opportunity, please contact Teresa at yeagerfamily85@comcast.net. Because the rec teams need our commitment soon so that they know their concessions are covered for the season, please respond with your interest no later than **March 12**.

If you have additional fundraising ideas, please feel free to send those along as well.

2. Spring Schedule - Starts March 22

*Swimmers **REMAINING ON FCST AFTER MARCH** will start the new Spring Schedule on Monday, March 22.* It has been posted under Announcements and under Practices or click [HERE](#). The AC will change to long course on March 22nd. The NAT will change to long course on April 12th. If your swimmer is at a new pool and you are unfamiliar with the location, maps to all practice pools can be found [HERE](#).

*Swimmers **LEAVING FCST AT THE END OF MARCH** will follow a Transition Schedule from March 22 – March 31.* First Colony Area swimmers and New Territory swimmers will swim together at the New Territory Club Pool following the regular New Territory Schedule. Click [HERE](#) for New Territory Schedule

- YMCA White Groups will swim with NT White
- YMCA Red Groups will swim with NT Red
- Blue, First Colony Area Junior I Group will swim with NT Junior I
- First Colony Area Junior II, Age Group Swimmers and above will swim with NT Junior II

If you have any questions, please contact your swimmer's primary coach.

3. New Rules For Open Water Swimsuits

At the FINA Bureau meeting held in Bangkok on January 14-15, 2010, revised rules were adopted for swimsuits used in open water competition. Effective June 1, 2010, swimsuits used in open water competition are allowed to provide for more body coverage than allowed under our current rules. For more information, click [HERE](#). Thank you to Jessica Rodriguez for submitting article.

4. Thanks to All Timers

We initiated a new timer sign up this short course season and it worked beautifully. Thanks to all those who faithfully signed up in advance to time at non-FCST hosted meets. At most of our 14 and under meets, FCST had a large number of assigned timing chairs and we rarely heard a call for timers in our lanes. The senior meets were often covered within the first hour of the sign up being posted online. Great job team!

II. What's Happening This Week

1) Friday: Concessions Stand Fundraising – Do You Want To Help ? Reply Due

See information above under Breaking News – 1. Summer Concession Stand Fundraising 2010 Update

IV. Reminders

1. No Practice During Spring Break - Friday March 12 - Saturday March 20

There will not be any practice during Spring Break for any groups.

Exceptions:

- TAGS swimmers: Please check your group pages if your swimmer is preparing for TAGS this week - there may be practice on Friday and Saturday for TAGS swimmers that have not left for TAGS.

- Seniors will have an optional practice at the AC on Monday (3/15), Wednesday (3/17) and Friday (3/19) from 9:30 - 10:15 AM. The bathrooms and hallway at the AC will be closed this week, so if Seniors do swim they will only be able to enter in the gate off of the parking lot by the park.

- Masters: please check website later this week for your Spring Break practice schedule. There will not be any practices at the AC because of repairs. AC practices will be moved to Colony Grant.

2. Developmental Banquet – March 27th RSVP Due March 22

There will be a Developmental Banquet for the White, Red and Blue groups at Incredible Pizza Company on Saturday, March 27th. If your swimmer would like to attend please make sure to RSVP by Monday, March 22nd. For more information click [HERE](#).

3. Volunteer Coordinator Opportunity For FCST Hosted Meets

FCST is seeking a well organized individual looking for an opportunity to 'pitch-in' to help the team primarily from home. The role of Meet Volunteer Coordinator fits that description well. The swim meets FCST hosts are an important part of our financial structure and we can't run these meets without the volunteer services of our FCST families. The position of Meet Volunteer Coordinator works with the other meet coordinators to determine the staffing needs for each hosted meet and prepares the "Volunteer Manager" software for posting on the team's website. As the meet date draws closer, the Meet Volunteer Coordinator tracks where more help is needed and works with those areas to be sure their needs will be met. A day or two before the meet begins, a detailed list of volunteers and their shifts is emailed to each coordinator. During and after the hosted meet, the Meet Volunteer Coordinator works with the area coordinators to confirm and track each family's fulfillment of their service hour requirements.

Our current Volunteer Coordinator, Kristi Johnson, has done a wonderful job fine-tuning this role and would willingly show you the ropes and be available for advice along the way. If you are interested, please contact Kristi (kristi.n.johnson@mac.com) to discuss this vital role in more detail.

4. Nominations Due for Board of Directors – Due by March 19th

In June the terms of 4 board members will end. If you are interested in being nominated to the slate or know someone who would be an asset to our team leadership, please send your recommendations to Jesse Rodriguez at jesser50@swbell.net

5. Clinics For FCST Swimmers Returning To Summer Rec League

FCST will be offering a 7 day clinic for FCST swimmers returning to summer rec. league. You will need to register your swimmer(s) for this clinic. The flyer and registration form can be found [HERE](#).

If you have any questions, please email Jarrod at clinics@swimfcst.com

6. Do You Have Friends That Swim Summer Rec League? Spring Clinic Information For non FCST Swimmers Now Posted

If you have any friends that are not on FCST but would like to get their swimmers back in the water before summer rec leagues start, FCST is offering a 7day clinic in April. Information can be found on our website, click [HERE](#). Please have them register asap because these clinics fill up fast.

If they have any questions, they can email Jarrod at clinics@swimfcst.com

7. Office Hours For This Week

The office is located at 4501 Cartwright Rd. #406, Missouri City, TX 77459. It is across the street from the Fort Bend YMCA. It is on the back side of the building closest to the YMCA. Office hours for the week can be found [HERE](#).

8. Team Hotel Information Posted -

Team Block Hotel Information has been posted for Spring & Summer Tags. You can get to this information on the FCST website [Here](#).

9. SCRIP Stock Available

We are now keeping some SCRIP cards in stock at the FCST office. If you are interested in purchasing any of these cards, please stop by the FCST office during office hours. The office address and hours can be found on the CONTACT US page, click [Here](#)

Following are the cards we have in stock: check out the SCRIP program, click [HERE](#).

- \$5 Domino
- \$10 Barnes & Noble
- \$10 Subway
- \$25 Chilies, On The Border, Macaroni Grill
- \$100 Comfort Suites
- \$25 AMC