



**Parent Meeting
Welcome**

Board Members

John Cummins
President

Sharron Manuel
Secretary

Michael Ledford
Treasurer

Bonnie Finnigan
Board Member

Dwight Fruge
Board Member

Jude Leblanc
Board Member

Head Coaches

Allison Beebe

Head Coach

Lindsie Micko

Head Age Group Coach

Dana Skelton

Head Developmental Coach

Adam Lyng

Head New Territory Coach

Staff

Laura Conway

Finance Manager

Sue Leist

Business Manager

Karen Wey

Auxiliary Program Director

What are the differences between
USA Swimming
And
Summer League Swimming?

- No parents on deck during practice or meet
- Coaches make all decisions about events entered at meets – swimmers encouraged to swim all events
- Summer League times don't count
- Cold weather swimming (be prepared)
- Most meets last two days (Saturday and Sunday)--some are longer
- Expected to wear team suit/cap/shirts to meet
- Flyover starts
- Short course vs. Long course

What is going to happen this year?

Pool Parties

Monday, August 26:

5:00-6:00pm at Colony Grant for Age Groups 2 & 3

5:00-6:00pm at Settler's Park for Blue & Age Group 1

Wednesday, August 28:

5:30-6:30pm at Colony Grant for Red & White

5:30-6:30pm at Settler's Park for Junior 1 & Junior 2

Practices

- Follow Pool Rules
- Follow Parking Rules
- Practice held rain or shine
- Watch website for schedule changes

Group Specific Parent Meetings With Coaches

- Watch website for meeting dates

Meets

- Intr Squad, LSC, Champ
- Opt In/Out Forms
On website -Meets: 2013-2014 SC Course Meets
- Meet Entries
Prelim Entries Posted 3 weeks before meet
Always Review Prelim Entries
Once Final Entries Post – responsible for payment
- Red/White/Blue – Swimathon Meet

Red / White / Blue Meet

- Saturday/Sunday (September 28th – 29th)
- Lamar Nat in Rosenberg
- Combined with Swim-a-thon
- Our biggest FUNDRAISER
- Team picnic
- This is a “Real Meet”

Team Attire and Practice Equipment

- Team Suit and Caps
- Equipment
Put your name on everything!
- Lane Four Swim Shop
3127 Highway 6
Sugar Land 77479
713.234.7147
- Team Store

Volunteers

Volunteer Requirements

Group	Short Course Sept - March	Long Course April - July
Seniors / PreSeniors	4 shifts	5 shifts
Juniors	2 shifts	3 shifts
Age Group I, II, III	3 shifts	4 shifts
Developmental (Blue, Red, White)	1 shift	2 shifts

Important: Fines For Not Volunteering

Volunteers

FCST Short Course Hosted Meets

Date	Meet	Location
September 28-29	Red, White, Blue Intrasquad Meet	Lamar Nat
October 12-13	FCST Open Meet	Lamar Nat
October 25	Friday Night At Races (FNR) Intrasquad Meet	First Colony Aquatic Center
November 22	FNR Intrasquad	First Colony Aquatic Center
January 25	FNR Mile Meet	First Colony Aquatic Center

Volunteers

FCST Long Course Hosted Meets

Date	Meet	Location
April 12-13	FCST Open Meet	Don Cook Nat
July 17-20	Gulf Summer Champs	Don Cook Nat
2-3 Dates TBA	FNR Intrasquad	First Colony Aquatic Center

Volunteers

- Timing

Parents must time at meets their child participates in

- Parent Reps

- Committees

Meet Operations

Membership and Registration

Merchandise and Team Spirit

Fundraising

Special Events (team parties and banquet)

Equipment and Storage

Volunteers

- Officials

Training – Sept. 14 or Sept 28

Donna Dormiani donnadormiani@hotmail.com

- Colorado Timing

Mike Ledford Michael.a.ledford@williams.com

- Meet Manager

Bonnie Finnigan bfin@earthlink.net

- Meet Directors

Training - Wed. Aug 28th

John Cummins jcummins@houstonhomeimages.com

Coming Soon

Parent Fan Club

kick-off in September

Watch For Details.....

Communication

Team Website

Check daily!

www.firstcolonyswimming.org

Important Places To Watch

Home Page: *News & Events*

Meets: *2013-2014 SC Meets*

Meets: *Timing*

Practices: *Group Pages*

Communications

Weekly Newsletter

Coach Communication

Email questions or concerns

Do not approach coach on deck

Other Websites

www.gulfswimming.org

www.usaswimming.org

Fees

Facility Fees

Oct. 1 \$15

April 1 \$10

Meet Entry Fee Range

Per Event

\$6 (local) - \$16 (champ)

Leaving Team Or Departing Team For Summer League?

Must submit a termination form

Terminations are effective on the last day of a month

Submit Form by the last day of one month prior to your swimmer's last day

For example

Swimmers, returning to summer league, last day with FCST is March 31st

Submit termination form **no later** than Feb. 28th

Questions

Call business office
4501 Cartwright Rd #406
281-969-8759

Go FCST!

First Colony Swim Team creates opportunity for swimmers to merge passion and commitment with expertise resulting in the highest level of personal performance.