



# TEAM NEWSLETTER



Office Hours: Mon-Thurs: 9:00 am - 5:00 pm; Fri: 9:00 am - 12:00 pm

Office Phone: (281) 969-8759

## #FCSTFamily

### Website Links

Competitive Team

Practice Schedules

FCST Pools and  
Parking

League/Learn To  
Swim/Tri

Masters

Time Standards

Contact Verification

FCST Equipment List

D&J Sports  
Equipment

### Important Dates

- Nov. 12: NO PRACTICE for all swim groups
- Nov. 18: FCST Developmental Meet Hosted by FCST
- Nov. 19 - 24: Thanksgiving Schedule
- Nov. 30 - Dec. 2: Gulf Senior Champs
- Nov. 29 - Dec. 2: Southern Senior Champs

### News & Updates:

- **Thank you Parents and Volunteers for your help at the FCST Tri Meet;** without your help we could not host these amazing meets. We are the standard in the Gulf when it comes to hosting.
- **2018 Thanksgiving Week Schedule – [CLICK HERE](#)**
- **2018 FCST Fundraiser! Fundraiser Tip:** Send a text message to those friends and family members you can't reach via email. Maybe their email inbox is overflowing, or they rarely get to checking it. Just have your swimmer send them a quick text. [CLICK HERE](#) for a summary of last week.

### Upcoming Meet Information:

Meet Webpage, Dates, & Location:	Athletes Eligible:	Prelim and Final Entry Deadline:	Volunteer Opportunities:
<b>November Developmental Meet Hosted by FCST.</b> Nov. 18, TBD	Red, White, and Blue 1 Groups	Oct. 18 & Oct. 25	<a href="#">CLICK HERE</a>
<b>Gulf Senior Champs.</b> Nov. 30 – Dec. 2, TBD	Pre-Senior & Senior Groups	Nov. 8 & Nov. 14	Coming soon!
<b>Gulf Southern Senior.</b> Nov. 29 – Dec. 2, Woodlands	Qualified Seniors	Nov. 8 & Nov. 14	Coming soon!
<b>Gulf Fall Champs.</b> Dec. 7 – 9. TBD	White, Red, Blue 1 & 2, AG1, 2, & 3	Nov. 8 & Nov. 14	Coming soon!

\*Families are responsible for communicating meet entry issues with their athlete's respective coach, as their primary coach is most responsible for their athlete's training and competitive plan

\*\*Once the final entry deadline has passed, no changes may be made on FCST's end. Athletes can deck-enter at the meet (if allowed by meet management) at their own expense and with coach's permission. This is not the most ideal way to enter a meet, having schedules planned ahead of time is very beneficial to the athlete

## Social Media

Facebook

Twitter

Instagram

## Contact Us

Team Accounts &  
Billing

HR & Administration

Volunteer Coordinator

Team Merchandise

Distribution List  
Removal

\*If you are no longer  
affiliated with the team and  
would like to be removed.  
Contact  
socialmedia@swimfcst.com

## Coaches Corner

### **How does swimming prelim/final meets influence the long-term development of an individual swimmer?**

*"Challenges are necessary for developing not only a swimmer but an individual willing to compete and continually improve from that given challenge.*

*Championship meets are challenges. They are an opportunity for a swimmer of any age to compete and apply the skills and conditioning acquired over the past several months in a Championship setting.*

*To better prepare for the end of the season Championship meets we need to learn from the Fall Championship competitions. Championship meet results are determined by the sum of the points scored by both individuals and relays. The points are scored at either timed finals or during the finals session of prelim/finals meets.*

*Depending on the Championship some offer a prelim/final meet format. The opportunity to potentially race the same event twice in a day will provide substantial information for the swimmer and the coach. The outcomes help determine success and areas of improvement. Swimmers can make the necessary adjustments in a given event the day of instead of the following month. There are few opportunities for swimmers to swim the same event twice at a swim meet. As a swimmer progresses through the swim program, prelim/final meets become more frequent. Therefore, gaining experience at a young age benefits the long-term development and success of a seasoned swimmer.*

*For sustained team success to occur, swimmers, coaches and parents must support one another through the challenges of Championship meets. The challenges to score strengthen team bonds and help team culture to grow continually. Individual swimming success is great; swimming fast with a team is fun and some of the best memories for teams, swimmers and coaches."*

- Head Coach Pete Wright