



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. 9 – 11: FCST Tri Meet Hosted by FCST
 - Nov. 12: NO PRACTICE for all swim groups
- Nov. 18: FCST Developmental Meet Hosted by FCST

News & Updates:

- 2018 IMX-Travanganza Meet Summary – [CLICK HERE](#)
- FCST Facebook Parent Exchange Group – Scroll down on how to join this great opportunity to interact with other FCST Parents
- 2018 Thanksgiving Week Schedule – [CLICK HERE](#)
- **WE ARE FAMILY! 2018 FCST Fundraiser!** Remember, our top individual fundraiser will earn one FREE YEAR of swimming! Second place will earn 80% OFF their monthly dues for the year, third place will earn 60% OFF their monthly dues for the year, fourth place will earn 40% OFF, and fifth place will earn 20% OFF! [CLICK HERE](#) for a summary of last week.

Upcoming Meet Information:

Meet Webpage, Dates, & Location:	Athletes Eligible:	Prelim and Final Entry Deadline:	Volunteer Opportunities:
FCST Tri Meet Hosted by FCST, Nov. 9 – 11, TBD	Blue 2. AG1, 2, and 3. PS 1, 2, 3. Senior 1, 2, Elite	Oct. 18 & Oct 25	CLICK HERE
November Developmental Meet Hosted by FCST. Nov. 18, TBD	All Red, White, and Blue 1 Groups	Oct. 18 & Oct. 25	CLICK HERE

*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

Steps to join 'Parent Exchange Group' on Facebook:

- 1) Search for First Colony Swim Team on Facebook and like out FCST Facebook Page
- 2) On the left column click on 'Groups'
- 3) Click on the 'Join' button and answer the following question
- 4) A group Admin (FCST Coach) will approve your request based on the given information