



FCST TEAM NEWSLETTER – October 1st, 2018



- RWB Meet Summary – [CLICK HERE](#) for summary
- FCST Fundraiser Feedback – [CLICK HERE](#) to share you opinion.
- 2018 Gold Medal Clinic with Simone Manuel – Register through the Sept. 30th! [CLICK HERE](#) to register for clinic!
- Ever thought about officiating? Come contribute to the sport!
 - [Information about becoming an Official](#)
 - [An Open Letter from USA Swimming Official Bonnie Finnigan](#)

Important Upcoming Dates:

Sept. 30:

Open Water Carnival

Oct. 7:

Fall Splash N' Dash

Oct. 20 & 21:

FCST IMX-Travaganza

[Main](#)

[League/Lessons/Tri](#)

[Masters](#)

[Parking at FCST Pools](#)

Meet Entry Timelines & Information*:

Meet Webpage, Dates, & Location:	Athletes Eligible:	Prelim and Final Entry Deadline:	Volunteer Opportunities:
Fall Fun Splash N' Dash , Oct. 7, Aquatic Center	14 & Under Athletes	FINAL DEADLINE – Oct. 3 rd	CLICK HERE
FCST IMX-Travaganza HOSTED by FCST , Oct. 20 - 21, Houston (Spring Branch), TX	All FCST competitive swim groups	Sept. 27	Coming Soon!

*Families are responsible for communicating meet entry issues with their athletes respective coach, as their primary coach is most responsible for their athletes training and competitive plan.

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

What is the importance of kicking in swim practice?

In every coaches workouts they have some sort of "Kick Set" or some sort of a set that has a "Kick" focus in it. There are many reasons for kicking that directly transfer into how a swimmer trains, prepares for racing in competition, and in their long-term development as a swimmer.

At the developmental level, the kick is mainly used to help the swimmer balance the stroke. In all four strokes, the kick has a specific timing in the stroke that help's influence the body's position in the water. For Freestyle and Backstroke, the kick helps the body rotate on the long axis so that the swimmer can take the breath at the correct time and aids in the rotation of hips.

The kick also promotes the correct high elbow catch in the pull of Freestyle. For Butterfly, the kicks are timed so that the swimmer can get the correct rhythm as well as the correct body position in the water. In Breaststroke, the kick is the power part of the stroke which is in reverse from all the other strokes. The swimmer still has to time out the breaststroke-kick at the appropriate moment in order to get the correct body position as well.

Coaches will do kicking with a board, without a board, w/snorkels, w/fins. Depending on the purpose of the set will depend on the type of kicking that they do. Usually kicking with a board will be more of a challenging set where the kids are getting some hard work in. Those sets would be more of "Training Sets". If the coach is giving a set where the swimmer is not using a board

chances are they want the swimmer to work on balance and body position in the water. Fins and Snorkels can be added depending on the stroke and focus of the set. Snorkels are usually used to work on head and body position. Fins can help a swimmer develop strength and flexibility in their ankles. It is very important for a swimmer to have flexible ankles in order to get the whip of the kick in Fly, Back and Free. It is important in Breaststroke to develop flexibility in the ankles so that the swimmer can flex the feet in the appropriate position.

At the Age Group, Pre-Senior, and Senior levels the swimmers still use the kick in all the ways mentioned above but a race element becomes more of a focus. Lots of coaches tend to design sets that simulate goals you want to see in a race. Rounds of 4 x 50s with 1 x 50 Build on 1:00 then 1 x 50 FAST on :55 then 2 x 50 As Fast as Possible (AFAP) on :50. This would teach the swimmer that on a 200 Free that you would build the first 50 then maintain the speed into the second 50 with the legs and then a finish strong with the last 100.

At FCST, we progressively do more kicking from group to group so that the kids are always being challenged and getting stronger with their legs as the progress through the team. There are times at the season where we do more kicking like from November through January. Once you get closer to a Championship meet the coaches will tend to back off on the yardage with the legs to rest them. This helps rest the swimmers legs before a big meet which will help them hold on to the back half of their events. The RACE no matter the length can be controlled by the legs so it is important that they develop this from an early age.

- Head Age Group Coach Ben; Lead Pre-Senior 3, FC Coach

FCST Contacts^:

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^If you are no longer affiliated with the team and would like to be removed from the distribution list, please email fcstadmin@swimfcst.com