



## FCST TEAM NEWSLETTER – October 15<sup>th</sup>, 2018



- **WE ARE FAMILY! 2018 FCST Fundraiser kicks-off!** [CLICK HERE](#) to donate!
- **31 Swimmers Represent FCST at Open Water Carnival!** [CLICK HERE](#) for summary
- **What is IMX? Great question! Scroll down and our “Coach Corners” explains all the details.**
- **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:**

**Oct. 20 & 21:**

FCST IMX-Travaganza

**Oct. 22:**

NO PRACTICE

[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:
<a href="#">FCST IMX-Travaganza HOSTED by FCST</a> , Oct. 20 - 21, Houston (Spring Branch), TX	All FCST competitive swim groups	Sept. 27	<a href="#">CLICK HERE</a>

*\*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 IMX/ IMR program?**

A key part of the FCST team philosophy is Individual Medley (IM) training. This means that for every level of the team, Developmental through Senior, we train the swimmers in all four competitive strokes. There are many benefits to having the swimmers train four strokes, especially at the Developmental and Age Group level. Swimmers should not be specializing in just one stroke.

Swimmers will often have a favorite stroke and one that they are faster in. However, we as a staff want the swimmers to embrace all forms of competition in a variety of events. As swimmers get older, stronger, and develop a better feel for the water that stroke can change over time. FCST believes in developing a foundation for every swimmer to be as successful as possible as they progress into the Senior program and Senior level swimming.

As a parent you may have heard your coaches talk about IMX or IM Ready depending on which group they are in. This is a program that USA Swimming put into place to help swimmers and or coaches track times against swimmers on their Club, LSC, Zone and across the country. With First Colony Swim Team being an IM Based Philosophy Team this is something that we really take a lot of pride in.

The coaches try to make sure that every swimmer is competing in the IMX or IMR events throughout the season. Once the swimmer has competed in all of the events they receive an IMX or IMR score that you can find in your swimmers Deck Pass through USA Swimming. The events are different for each age group so that it is all age appropriate. See the events below that you swimmer need to compete in.

IM Ready (IMR)

9 and unders; 10 year olds – 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

11 year olds; 12 year olds – 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

13, 14, 15, 16, 17 and 18 year olds – 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

#### IM Xtreme (IMX)

9 and unders; 10 year olds – 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11 year olds; 12 year olds – 400 Free (LC), 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM

13, 14, 15, 16, 17 and 18 year olds – 400 Free (LC), 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

With FCST competing in the LC season throughout the last few months many swimmers have received an IMX and/or an IMR Score based on the events that they have swam. Please find the latest updated list by Clicking [HERE](#).

#### **FCST Contacts^:**

- FCST Office: (281) 969-8759; Mon.- Thurs: 9:00am - 5:00pm; Fri: 9:00am - 12:00pm
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