



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

- Oct. 22: NO PRACTICE for all swim groups
- 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 Thanksgiving Week Schedule – [CLICK HERE](#) – Why is it important to train during holiday breaks? Scroll down to our Coach Corner for more info**
- **WE ARE FAMILY! 2018 FCST Fundraiser kicks-off! [CLICK HERE](#) to donate!**
- **Ever thought about officiating? Come contribute to the sport!**
 - **[Information about becoming an Official](#)**
 - **[An Open Letter from USA Swimming Official Bonnie Finnigan](#)**

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

What is the importance of Holiday Training - November & December(Monster)?

It is a way for FCST to help promote the importance of training through the holiday breaks.

Senior Division- For athletes in our Senior 1, Senior 2, and Senior Elite groups, the holidays provide an opportunity to make major gains in their training. The work these athletes do during Thanksgiving and Christmas breaks establishes their training foundation for the entire swimming year, not just short course season. Also, they truly enjoy the camaraderie built by sticking together through the holidays and working together through the practices.

Age Group Division- Athletes in our Age Group 1, 2, & 3, as well as Pre-Senior 1, 2, & 3 groups benefit from an extended period of training during the school year that directly emulates an ideal training schedule. The athletes are able to put most of their focus on their swimming, nutrition, and proper recovery. This time is also a key component in their long term development as a swimmer.

Developmental Division- Athletes in White, Red, Blue 1, and & Blue 2 are able to continue building upon the foundation they have created; helping their overall development as they progress through the current season and beyond. Holiday training provides them a stable practice routine where they can maintain and improve the technical aspects of their strokes. Practicing over holiday breaks also prevents long breaks from being out of the water. At this age/stage, consistent time in the water is a key factor in improvement. The White and Red groups will have an adjusted Monster Training as they learn what Monster Training is and learn to love the sport.

- Head Coach Pete Wright