



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 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! [CLICK HERE](#) for a summary of the prizes that have been raffled!
- Please check your group calendars for an adjusted Oct. 31st practice. [CLICK HERE](#) for group calendars.

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 consistent swim practice attendance?

When committing to competitive team, meets and tournaments are an exciting and fun part of the experience, however, a very important part of being on a competitive team is attending practices. As a coach who has seen the impact great practice ethic has on swimmers, I've put together a couple of reasons why attending practice is so important!

- ***Attending practice is the only way to improve***

Swimmers who attend 90-100% of the practice tend to improve faster than a swimmer who attends 50-60% of the practices. If an athlete isn't coming to practice, there really is no way for them to improve unless they're working on their own time.

- ***Missing a practice could mean missing being taught an important skill***

This is especially true at a younger age. With new skills being taught all of the time missing even one practice could mean your swimmer is missing an important skill such as a back stroke flip turn, or a specific butterfly drill. As soon as they miss the initial teaching of a skill, they have to really start playing catch up to learn the skill. Attending practice helps swimmers keep up at practice and learn everything they can!

- ***Missing out on being a part of the team***

When a team is together, they are bonding, whether it is an obvious bonding experience like a game, or whether it is sharing a joke, the swimmers are becoming more and more of a team. When a swimmer does not attend a practice, they are missing out on little bonding experiences. There is nothing more important than the support of a teammate, especially at meets or tournaments.

Attendance is a staple in an individual's career, as well as a team's success. Help your swimmer by getting them to practice! It will make all the difference in the end.