



## FCST TEAM NEWSLETTER – September 17, 2018



- When shopping on Amazon consider using AmazonSmile and donate to First Colony Swim Team! – [CLICK HERE](#)
- FCST Swimmer Micah Gelok stars in Yakult Swimming Commercial! Congratulations!
  - [CLICK HERE](#) for video
- Ever thought about officiating? Come contribute to the sport!
  - [Information about becoming an Official](#)
  - [An Open Letter from USA Swimming Official Bonnie Finnigan](#)
- **TEAM STORE:**  
2018 – 2019 Short Course FCST Order Form – Personalized Caps, Towels, etc.
  - [Order Online](#)

### ***Important Upcoming Dates:***

#### **Sept. 22 & 23:**

Red, White, and Blue Challenge

#### **Sept. 30:**

Open Water Carnival

#### **Oct. 7:**

Fall Splash N' Dash

[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="#">Red, White, and Blue Challenge</a> , Sept. 22 & 23, Rosenberg, TX	All FCST swimmers	Aug. 29 and Sept. 14	Coming soon!
<a href="#">Gulf Open Water Carnival</a> , Sept. 30, Manvel, TX	AG1, AG2, AG3, PRE2, PRE3, SR1, SR2, SR Elite	Sept. 20	N/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 importance of coming to practice the week leading up to a meet?***

"The week and days leading up to any swim meet are some of the most important practices for every swimmer no matter the age or experience level. While the total volume of each practice may drop, the speed and intensity will build in preparation for fast racing. Coaches will plan for the final week of practice to be focused on fine-tuning race strategy and skills. Turns, starts, and finishes will be reviewed for speed and power. Coaches will also have the swimmers practice their relay starts not only for speed, but to also fire up the swimmers for some awesome FCST Relays! As the swimmers get older, the coaching staff will also include race-pace work for longer races as an integral part of each practice. All of these components build on the training base that has been built up over the first three months of practice. Swimmer's bodies get acclimated to a practice routine, which helps build their great feel for the water. This great feel for the water is the final ingredient in a confident and excited swimmer. Make sure your swimmer has that confidence so that striving for and achieving their goals becomes a reality."

- Head Coach Pete Wright

**FCST Contacts^:**

- FCST Office: (281) 969-8759; Mon.- Thurs: 9:00am - 5:00pm; Fri: 9:00am - 12:00pm
- Team Accounts & Billing: Hillary Martinez ([fcstadmin@swimfcst.com](mailto:fcstadmin@swimfcst.com))
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