



## Summer League 101

Swimmers that will be returning to their neighborhood summer league team must turn in a drop form:

- In person to the office by Wednesday, February 28<sup>th</sup>
  - Email by Wednesday, February 28<sup>th</sup> to [fcstadmin@swimfcst.com](mailto:fcstadmin@swimfcst.com)
  - In the mail post marked by Wednesday, February 28<sup>th</sup>
  - All forms should receive an email confirmation that the form has been received. If you do not receive an email confirmation, please contact Hillary as soon as possible at [fcstadmin@swimfcst.com](mailto:fcstadmin@swimfcst.com)
  - Forms turned in after the dates listed above will be charged for the month of April
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- Swimmers can swim with FCST through the end of March to remain eligible for SHRSL (Southwest Houston Recreational Swim League) summer league.
  - SHRSL swimmers are also allowed to attend 7 sessions of a clinic after March 31<sup>st</sup> and remain eligible.
  - FCST holds a clinic in the month of April for summer league swimmers. The clinic is offered 7 sessions allowing the swimmers to stay in the water and work on technique before summer league practices start.
  - Any swimmer that participates in a WHALe (West Houston Aquatic League) neighborhood summer league team can swim with their summer league team and FCST throughout the summer.
  - Swimmers that leave for summer league should return in the fall to the group that is designated by your coach. Registration typically opens in early June for the 2018-2019 season. Please register early to avoid being placed on a waitlist.

First Colony Swim Team wishes good luck to every swimmer that leaves for summer league! We will be making visits to most summer league meets and All Stars, please come over and say hi.

We are always looking for parents that are willing to help us promote FCST to their summer league team and friends. Any questions please contact Coach Dana at [coachdana@swimfcst.com](mailto:coachdana@swimfcst.com)

The team philosophy on summer league is also attached. If you have any questions please contact your primary coach.

*First Colony Swim Team creates opportunity for swimmers to merge passion and commitment with expertise resulting in the highest level of personal performance*