

Good Afternoon,

Great job to everyone that competed this past weekend at the Winter Classic. It is not hard to go on a long vacation without practice and immediately come back and race. I'm super proud of everyone regardless of times and places. These athletes have been working hard all season and there are times where their bodies will tire out on them. That is anticipated for the January Meet for sure.

Today & tomorrow, we will review the meet, DQs, and share the things we were proud of. We will also talk about their events and goals for the February Champs Meet. I always enjoy hearing their thoughts, and I think it's great for their teammates to hear them, too!

12 & Under Champs will be February 20-22 at Don Cook (White & Red Groups will compete the 21st and 22nd. There will still be practice on the 20th). Girls will compete in the AM on Saturday and Sunday, and Boys will compete in the PM on Saturday & Sunday (for real, this time! Haha!) I look forward to seeing what we can accomplish at the end of the season!

Summer League Swimmers

Summer League is slowly approaching. If anyone is planning on returning to or beginning Summer League please remember that we require a month's notice before you drop. All Summer League swimmers must drop by the end of April to begin with their Summer team in May.

Example: If you are planning on not swimming in March, we will need the attached form filled out and emailed to Coach Hillary (fcstadmin@swimfcst.com) no later than February 28th.

I am a HUGE advocate for Summer League swimming. Mostly because it's a lot less stressful on the swimmers during their school free months and because they are able to have more fun, make new friends, and show off a lot that they've learned with FCST. Long Course can be very intimidating for a lot of our younger swimmers (especially White Group) so I always recommend joining a Summer League team so that they can race, have fun, and continue to grow a love for the sport and not get burnt out. If you

have any questions about Summer League teams please let me know!!

FCST CORE VALUE OF THE MONTH (JANUARY): PASSION

Ambition materialized into action.

To put as much mind, body, and soul into something as possible.

PRACTICE SCHEDULE SHORT COURSE 2025-2026

Please check the [White & Red Group FC Webpage](#) regularly for updates

- Please make sure your swimmer is prepared to get dry & warm quickly after we get out of the water. A towel is a MUST! Parkas are not meant to dry your swimmer. They are meant to keep them warm once they're dry.

OTHER IMPORTANT SCHEDULING NOTES

- **Spring Break-** FBISD has moved their Spring Break this year, so it no longer coincides with KISD or LCISD
 - LCISD & KISD Spring Break– Practices will be offered Tuesday, March 10th – Wednesday, March 12th in the First Colony area
 - FBISD Spring Break– Practices will be offered Tuesday, March 17th – Wednesday, March 19th on the Katy/Richmond side of town
 - With the school districts having two different Spring Breaks, we want to offer practices during the middle part of each week. There won't be practice on Mondays, Fridays, or Saturdays of those weeks.

PARENT EDUCATION

New Year's Resilience by Swim Strong Dryland

Rather than solely focusing on outcome-based RESOLUTIONS, we believe the key to success is incorporating a process-based RESILIENCE. There are several things you can do to increase your resilience and ability to change:

1. **Set up an environment for success.** Your environment plays a major role in how much friction there is when working towards a goal. As a swim athlete living at home, one of the best things you can do is team up with your parents/guardians. They are for you and want to see you succeed! Take a look at what types of foods are most readily available to you. Talk to your parents and make a plan to always have fueling/recovery foods on hand. Offer

to help with meal/snack prep, grocery shopping, or list making. Check out our [SSDL Grocery List](#) for some inspiration!

2. **Add rather than subtract.** One of the biggest mistakes people make when coming up with New Year's Resolutions is trying to eliminate all the "bad" first. Research shows that focusing on adding in solutions first can lead to greater adherence. For example: Rather than eliminating all fast-food, use the [Fast Food Menu Guide](#) when you hit up McDonald's. Rather than eliminating watching Tik-Tok videos in the evening, seek out videos that help you learn to cook/prep. Rather than immediately cutting out that pre-workout cookie, pair it with a cheese stick (or other protein source).
3. **Make time to evaluate/assess.** Don't overlook this important step if you want to become more resilient! Once you start implementing habits and processes, set aside a small window of time each month to evaluate how you are progressing. Ask yourself: Is this sustainable? How am I feeling, both mentally and physically? How would I rate my energy levels this month? How am I performing at practices? How's my sleep been? And so on. You can utilize the SSDL Wellness Questionnaire as one way to dig into these types of assessment questions. If something you're implementing isn't working for you, don't be afraid to adjust.
4. **Have a growth mindset.** A growth mindset isn't afraid to fail. In fact, it welcomes failure. Rather than comparing yourself to other swimmers or having a perfectionist mindset (one that is afraid to fail), keep the long game in view. The growth mindset knows that things will not always be easy. Things may even be more difficult now than they will be down the road. When difficulties arise, the only way to grow is to lean into the trial. Become flexible when things don't go your way. Be open to new opportunities. Identify and work on your weaknesses. Resilience is our ability to recover quickly from hardship and change.

As always, please feel free to reach out to me if you have any questions or concerns at all. I am always happy to help!

See you at the pool!

Coach Justin