

Good Afternoon,

I hope this email finds you well! Thank you to everyone for your time at the November swim meet. I know it was a long afternoon session. Good job to all the swimmers for attacking their events confidently and utilizing their new techniques and strategies. As always, we will go over disqualifications today and tomorrow and get those put in their binders. If your swimmer has not returned their binder to me, today and tomorrow are the days to get that done.

As it gets colder and darker outside, please remember, your swimmer **MUST** arrive to the pool dressed appropriately for the weather. **We will still do dryland when it is cold outside!!** Please make sure your swimmer is prepared to get dry & warm quickly after they get out of the water. A towel is a MUST! Parkas and robes are not meant to dry your swimmer; they are meant to keep them warm, so please pack a towel as well. The faster they can get dry and warm, the faster they can get to the car.

2025 Swim-A-Thon

The Swim-A-Thon is set to take place this Friday. There is more information below:

- Friday, November 14- Practice will be at the Aquatic Center (4350 Austin Parkway)
 - White A & Red B - 4:45 pm-6:00 pm
 - Red A & Red C - 6:15-7:30 pm
- The reason for the 15-minute schedule add on is because we will need time to get setup in the beginning and time to get the previous group out in order for the next group to come in for the Swim-A-Thon.
- The whole practice will be dedicated to the Swim-A-Thon.
- The swimmers have 1 hour to swim as many laps as they can with any equipment that they want.
- Parents, please bring a chair so that you can come sit on deck and help cheer on your swimmer and count their laps!
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The group totals for the Swim-A-Thon are:

- White Group - \$710
 - (SHOUTOUT TO VY PHAM FOR BEING THE TOP EARNER!!!)
- Red Group A - \$25
 - (SHOUTOUT TO MARK VERRETT FOR BEING THE TOP EARNER & ONLY SWIMMER WITH AN ACCOUNT SET UP!!!)
- Red Group B - \$100

- (SHOUTOUT TO MAGGIE GAMBOA & SCARLETT CHENG FOR BEING THE TOP EARNERS!!!!)
- Red Group C - \$345
 - (SHOUTOUT TO ALEX BI FOR BEING THE TOP EARNER!!!)

There is still time to get your accounts set up and get donations in for everyone that has not done so!!

Pool Location & Practice Change Update

Remember, you can always see our schedule in advance by going to our group practice page linked below:

[Group Practice Page](#)

They will be replastering the CG8 pool starting Friday so please pay attention to the schedule below! Due to the replastering of CG8, starting Monday, November 17, we will practice at Crescent Lakes (4777 Oxbow Drive). We will be there until we get the okay to move back to CG8.

FCST CORE VALUE OF THE MONTH: INTEGRITY

Demonstrating honesty, respect, and fairness, which are values that help build character and resilience in young athletes.

IMPORTANT DATES:

- **Friday, November 14** - Practice at the Aquatic Center for the Swim-A-Thon!!!
- **Monday, November 17** – Practice begins at Crescent Lakes
- **Wednesday, November 26** - Thanksgiving practice schedule change
 - Check out our group page for details
- **Thursday, November 27** – No Practice (Happy Thanksgiving)
- **Friday, November 28** – Thanksgiving practice schedule change
 - Check out our group page for details

OTHER IMPORTANT SCHEDULING NOTES:

- **Thanksgiving Week**– Practices will be offered all week except on Thanksgiving Day
 - These changes can be seen on our group page.
- **Christmas Break**– The entire team will take off Dec. 24th – Dec 28th for the Christmas holiday. There will also be no practices on New Year’s Day.
 - Monster Training will run Dec. 22nd through Jan. 6th except for the days listed above
 - We will have a few AM practices during Monster Training (most likely Dec. 23rd and Dec. 31st). All other practices will be in the evening at our normal time.
 - [Holiday Training Philosophy](#)
- **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 of each week. There won’t be practice on Mondays or Fridays of those weeks.

PARENT EDUCATION

[The Importance of Teaching Kids Integrity in Sports](#)

(This title is linked to the article)

“Integrity is predominantly a learned behavior. If you want your children to have it, they need to be around others who set the same example. They need to see their parents and their coaches act with integrity. They need to understand what it actually means to treat others with respect and yes, sometimes it even means learning a hard lesson like why honoring a commitment or keeping a promise matters.”

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