

Good Afternoon,

Thank you so much for your patience with everything going on in the last couple of weeks! We just go word this morning that Colony Grany 8 is up and running so we will be returning to CG8 today! That being said, since the weather is cold, we will have our Friday practices at CG8 until it warms up again.

Reminder: We are still doing dryland. Every swimmer must come to practice DRESSED APPROPRIATELY for the weather. Swimmers are not allowed to do dryland in parkas or robes. They must have jackets, pants/shorts, and close toed tennis shoes!

THANK YOU SO MUCH to those of you who contributed to our foster kiddos by providing a gift for them this Christmas. What a blessing you will be as they will get a Christmas they could only dream of. Thank you for being a blessing!

**DECEMBER CHAMPS MEET
2025 Gulf Swimming Fall Champs
December 19-21, 2025**

Location: FBISD Training Facility (16701 Bissonet, Houston, Tx)

Final Entries Attached

**Girls Compete in the AM Session Saturday & Sunday
Boys Compete in the PM Session Saturday & Sunday
All Athletes in the 200 IM will compete Friday Evening**

- Friday, December 19th- Session 1 (PM)
 - 200 IM & 500 FR for ALL Athletes
 - Evening Session
- Saturday, December 20th- Session 2 (AM)
 - GIRLS ONLY
 - Events 5-16
- Saturday, December 20th- Session 3 (PM)
 - BOYS ONLY
 - Events 17-28
- Sunday, December 20th- Session 4 (AM)
 - GIRLS ONLY
 - Events 29-39
- Sunday December 20th- Session 5 (PM)
 - BOYS ONLY
 - Events 40-50

FCST CORE VALUE OF THE MONTH (DECEMBER): COMMITMENT

Little choices every day which lead to the final results we are striving toward

Please check the Group 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.**

IMPORTANT DATES

- **December 8th- Return to CG8!**
- **December 19th-21st- Fall Champs**
 - This is the Championship meet our entire group will be attending in December.
 - Saturday & Sunday AM (Morning Session)- All Girls
 - Saturday & Sunday PM (Afternoon Session)- All Boys
- **December 22nd- January 5th- Monster Training**
 - Holiday Training Philosophy
 - See our webpage for schedule changes
 - 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. Blue Crew will have a few evening practices and a few morning practices during this time. Please check the schedule.
 - Swimmers who attend ALL practices offered during Monster Training will receive a super special Monster Training T-shirt!
- **December 24th-27th- NO PRACTICE**
 - Enjoy the holidays with your family!
- **January 1st- NO PRACTICE**
 - Happy New Year!

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

SwimStrong Dryland Parent Webinar: "Promoting Confidence in Your Children" by Christen Shefchunas

This is a great webinar hosted by Christen Shefchunas, an excellent speaker and sports professional who works every day with athletes (and adults) who are working to strengthen their confidence and mental toughness. She speaks about how to build these characters in our athletes, how to set them up for success, and how not to sabotage all their hard work by creating mental blocks for them. It is a great listen!

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