



# TEAM NEWSLETTER



Office Hours: Mon-Thurs: 9:00 am - 5:00 pm; Fri: 9:00 am - 12:00 pm

Office Phone: (281) 969-8759

## #BeFCST

### Website Links

Competitive Team

Practice Schedules

FCST Pools and  
Parking

League/Learn To  
Swim/Tri

Masters

Time Standards

Contact Verification

FCST Equipment List

D&J Sports Equipment

### Important Dates

- Apr. 1: 1<sup>st</sup> day of Spring Schedule
- Apr. 13: Gulf Sprint Series Meet
- Apr. 15 – 25: Summer League Clinic
- Apr. 26 – 28: Long Course Dual Meet w/ SSAN
- May 4: May Developmental Meet
- May 17 – 19: TWST Long Course Invite

### News & Updates:

- FCST Personalized Swim Caps, order by April 14 – [CLICK HERE](#) for the order form
- 2019 Spring Schedule starts on April 1<sup>st</sup> – [CLICK HERE](#) for more info
- 2019 Summer League Clinic – Get ready for your summer league team with FCST coaches. RSVP by Apr. 11 – [CLICK HERE](#) for more info
- Houston Kids Triathlon – Make sure to enter First Colony Swim Team when registering – [CLICK HERE](#) for more info
- Opt In Forms for Long Course can be found [HERE](#). Please get them to your swimmer's coach ASAP.

### Upcoming Meet Information:

[CLICK HERE](#) for the FCST Competitive Suit Policy

Meet Webpage, Dates, & Location:	Athletes Eligible:	Prelim and Final Entry Deadline:	Volunteer Opportunities:
<b>Apr. 13: Gulf Sprint Series Meet - TBA</b>	White and Red	Mar. 13 & 20	Coming Soon!
<b>Apr. 26-28: Long Course Dual Meet w/ SSAN @ Don Cook</b>	Blue 1, Blue 2, Age Group, Pre-Senior, and Senior	Mar. 27 & Apr. 3	Coming Soon!
<b>May 4: FCST Developmental Meet @Lamar Consolidated</b>	White, Red, and swimmers that do not qualify for the Gulf Open Meet	Apr. 17 & 24	Coming Soon!

## Social Media

Facebook

Twitter

Instagram

## Contact Us

Team Accounts &  
Billing

HR & Administration

Volunteer Coordinator

Team Merchandise

Distribution List  
Removal

\*If you are no longer  
affiliated with the team and  
would like to be removed.

Contact  
socialmedia@swimfcst.com

**May 17-19:**  
**TWST LC Invite**  
**@ Woodlands**

Qualified  
Swimmers (12 and  
unders w/ 3 or  
more 'B' times)

Apr. 17 & 24

Coming Soon!

\*Families are responsible for communicating meet entry issues with their athlete's respective coach, as their primary coach is most responsible for their athlete's training and competitive plan

\*\*Once the final entry deadline has passed, no changes may be made on FCST's end. Athletes can deck-enter at the meet (if allowed by meet management) at their own expense and with coach's permission. This is not the most ideal way to enter a meet, having schedules planned ahead of time is very beneficial to the athlete.

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## Coaches Corner