

# SWIMFCST NEWS

## 2024-2025 FCST Annual Awards Banquet

FCST has grown a lot as a program in the 2024-2025 Season in so many ways. I am extremely proud of our coaches and families for their relentless efforts to always help our program be the best that it can possibly be.

We have had the most Junior Nationals qualifiers, the most Sectional qualifiers, the most AG Champs qualifiers and the most TAGS qualifiers that we have had as a program in over a decade all in the same season. The coolest part about it is that these swimmers are coming out of various different groups from the past like Blue group and Age Group 3. The depth of the program is what I am most proud of and that is credit to the amazing coaches that develop the potential in all our swimmers. -Coach Ben P.



We had a wonderful evening for swimmers, families, and coaches to come together and celebrate all that First Colony Swim Team has accomplished. Congratulations to the Class of 2025 Seniors! We all wish you the best on your next adventure. What a great 2024 LC and 24-25 SC season it was!

## Upcoming Events & Important Dates

### General

**April 13-22 Xtreme Swim Spring Sale 40%-70% off items**

### Competitive

**May 3-4 2025 Texas Senior Circuit Katy Aquatics LC Meet**

**May 4 Developmental Meet (FBISD Training Pool)**

**May 16-18 FLEET Summer Classic**

**May 17-18 KATY/PACE Invite**

### Masters

**Apr. 24-27 - USMS National @ San Antonio, TX**

**June 1<sup>st</sup> 2025 Graham Johnston Invitational @ Houston, TX**

### Swim League/Lessons

**Apr. 19 - Last Day of Winter/Spring Swim League**

**April 22 – Registration opens for Summer Swim League**

**May 6 - Summer Swim League begins**

**Aug 1 - Summer Swim League ends**

## Swimmer Spotlight!



Niharika Nithin (10) Age Group 1 FC

“Can swimming help with health, if chosen as a lifelong activity”? She combined her passion for swimming and global goal of health and wellbeing to find the answers. Read more on page 2!

# Parent Education Article

## Sports Parents, Play Your Role

Author: Jeremy Haselhorst

## Pool Locations

The three players in your child's sporting life:

First let's talk about three key players in the life of a high school athlete.

1. **ATHLETE:** This person is the most important. After all, it is ultimately their athletic experience. They are the ones who have to do the work. They are the ones who make the daily choices, big and small, that will ultimately impact what they achieve in their sports. The athletes have final say in selecting their personal goals.
2. **COACH:** This person's job is to train, teach, equip, critique, challenge and cast a vision for the athlete.
3. **PARENT:** Your job is to support, love, comfort, celebrate, encourage and give hope to the athlete. (We should also include feed, chauffeur, buy shoes and so much more!)

The athletes I've coached who have experienced the most personal growth through sports have had clear boundaries between the athlete, parents, and coaches. Leadership expert Brene Brown says it simply: "clear is kind." This quote is one of my guiding principles because it is so true; clarity creates an environment for kindness. When you are clear about what you expect from someone, you are being kind to someone by setting them up for success. When someone is clear with you, you can be kind by following through.

Continue Reading here to find out more about [blurred lines](#)



### Swimmer Spotlight - Niharika Nithin

During Niharika's research here is the information that she found.

- In research conducted from a population of 5.7 million people from 2000 to 2022 by experts across 167 countries, results show adults have insufficient physical activity. This causes poor cognitive health, mental issues and weight gain.
- Swimming is a low impact, non contact sport, suitable for all ages and easy on the joints.
- Swimming was in the top 5 leisure and sport activities listed by adults, adolescents and children across 6 world regions.
- 30 minutes of butterfly stroke burns more calories than low to moderate intensity cardio in the gym

To nominate a swimmer for our swimmer spotlight, email [coachmacy@swimfcst.com](mailto:coachmacy@swimfcst.com)

### 2025 Master Duck Award Winner



**Max Zollner (86)**

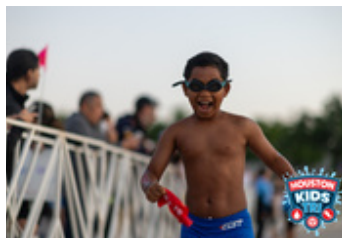
Has been swimming for 46 years between living in Illinois and Texas, and swims almost 3,000 yards twice a week with Masters. He is swimming 6 events at the Masters Nationals next weekend! Congratulations on your well deserved award!



## SWIM LEAGUE Summer 2025 Registration Opens April 22<sup>nd</sup>!

Let's start the development of the future FCST swimmers! Click the link to find out more information and share with your friends!

**CLICK HERE** 



**FCST made a splash at our very first Triathlon! We had over 60 athletes in attendance at the Houston Texas Kids Triathlon! We practiced their transitions hard and it paid off. FCST had several medalist in each age division and so many proud moments. Huge congratulations to everyone who showed up and gave it their all!**

# Happy Birthday!

## FCST APRIL BIRTHDAYS

**4/14 Coach Danielle**

### Competitive

Timothy Le, Angela Shou, Alexander Sheehan, Sofia Kolen, Anabella Tinajero, Tai Le, Theodore Ho, Pearce Miller, Jackson Luehrs, Brandy Vuong, Kane Garrett, Jordan Ho, Sophia Nguyen, Saanvi Malasamudra, Chloe Yuan, Ethan Tran, David Ramirez, Jane Cai, Tristan Ochoa, Haley Du, Sienna Xu, Umut Dalyan, Willa Kline, Devon Nelson, Gianna Riffel, Gracie Vu, Aaryahi Arora, Lexie Smith, Jayce Jaimungal, Katie Fraley, Mahira Mohanty, Olivia Boit, Helen Zhang, Juliet Horowitz, Dante Brix

### Masters

Conor Thompson, David Zhou

### Swim League

Natalie Harlow, Vivaan Bhatnagar, Hannah Zhao, Yousif Kishk, Tiaraoluwa Olagoroye, Adam Abdalla, Reid DeSilva, Riya Jeyaprakash, Francis Chan, Jivika Nahar, Obaloluwa Olagoroye, Jayden Tsang, London Casser, Madison Huang

## Xtreme Swim

# Spring Sale

April 13<sup>th</sup> - 22<sup>nd</sup>. Sale items with discounts of up to 40-70% off.

Non-sale items will also be discounted as usual, with 25% off all Arena items.

You will receive 5% store credit with each purchase!

Shop now!!

# MARCH - 100% ATTENDANCE

## DEVELOPMENTAL

**Blue FC** - Sebastian Campolieto-Morales, Ethan Chen, Grayson Choong, Alexander Tinajero, Prann Vimuktananda, Wesley Yu

**Blue NT** - Parker Nguyen, Alvin Zhang

**Blue 7M** - Kerry Liu, Adalyn Wong, Ariela Wong

**Red A FC** - Jayde Jaimungal, Mason King, Iris Lau, Tai Le, Zachary Li, Nicole Liu, Louis Roy, Emery Shelton, Anivia Shi, Dorcus Wu

**Red B FC** - Olivia Bolt, Naina Kumar, Tyler Li, Tongtong Meng, Luciana Shen, Roman Shen, Kasey Zhou

**Red C FC** - Mihika Baxi, Alexander He, Raunak Pandey, Evelyn Xu

**White A FC** - Hali Lin, Vedanth Mahadevan, Aradhya Sankar

**White A 7M** - Shayna Khodayari, Marcus Tran

## AGE GROUP

**Age Group 1 FC** - Adam Aburas, Liam Choong, Henry Gonchar, Anandra Halim, Mingjun He, Nathan Liu, Claire Maddan, Ian Tan, Lawrence Wang

**Age Group 1 7M** - Dante Brix, Grace Burson, Isaac Zhang

**Age Group 2 FC** - Mia Bordt, Mia King

**Age Group 2 7M** - Liam Frazier

**Age Group 3 FC** - Liam Luu, Oris Mathew, Derek Yang

**Age Group 3 7M** - Matt Tran, Alyvia Wong

**Age Group 4 FC** - Shelby Bigby, Colin Carandang, Eisley Cordova, Jayce Jaimungal, Sophia Malhotra, Samantha Mathew, Angela Shou, Megan Ta, Grace Tan, Anabella Tinajero, Gracelynn Vu, Sydney Wey, Elene Zhang

**Age Group 4 LMF** - Brody Burson, Juliet Horowitz, Adriana Luico

**Pre Senior 2 FC** - Osher Mathew

**Pre Senior 2 LMF** - Marcela Douglas

**Pre Senior 3 FC** - Ashley Fuller, Christian Garcia, Andrew Nguyen

**Pre Senior 3 LMF** - Jett Tian

## SENIOR

**Senior 3 FC** - Lauren Fuller, Brendan Kun, Anthony Newton, Ethan Tran, Timothy Tran, Ethan Zwahr

**Senior 3 LMF** - Abigail Frazier, Pearce Miller

**Senior Elite** - Ethan Chen, Haley Finley, Winnie Liu, Gideon Swan, Cameron Word, Kenny Zhou



## SWIMMERS OF THE MONTH

### Developmental

White A FC - Aradhya Sankar

White B FC - Venya Vijayagha

White 7M - Ashton Pyles

Red A FC - Mia Anand

Red B FC - Vivasvaan Rao

Red C FC - Donahue Williams

Red 7M - Catherine Horowitz

Blue FC - Emily Pham

Blue NT - William Stawicki

Blue 7M - Willa Kline

### Age Group

AG1 FC - Audrey Wong

AG1 7M - Dante Brix

AG2 FC - Maddie Patel

AG2 7M - Liam Frazier

AG3 FC - Adam Algard

AG3 7M - Kevin Liu

AG4 FC - Jennie Zhang

AG4 LMF - Kate Luico

PS1 - Valerie De Loera

PS2 FC - James Ong

PS2 LMF - Meidi wang

PS3 FC - Andrew Nguyen

PS3 LMF - Jett Tian

### Senior

S1 - Alex Sheehan

S3 FC - Laruren Fuller

S3 LMF - Jack VanDagna

SE - Carter Gray

**Commitment - Integrity - Passion/Team Spirit - Teamwork - Performance - Sportsmanship**



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