



# 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:](#)

## News & Updates:

- 2020 – 2021 FCST Competitive Team Registration – [CLICK HERE](#) for more info
- Congratulations to Taylor Murphy Committing to University of New Mexico! [CLICK HERE](#)
- Fort Bend Herald Sport Section; Fort Bend FCST swimmers commit to D-1 programs – [CLICK HERE](#)
- Make sure to check out Coach Markell's Dryland Workouts [CLICK HERE](#)
- Schedule an evaluation for '20 – '21 Swim Season! [CLICK HERE](#) for more info!

## Upcoming Meet Information:

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

Meet Webpage, Dates, & Location:	Athletes Eligible:	Prelim and Final Entry Deadline:	Volunteer Opportunities:

\*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.

## Coaches Corner

NA

## 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](#)