

SWIMFCST NEWS

TeamUnify is Now SportsEngine Motion!

TeamUnify is changing its name to SportsEngine Motion, & they've got a new app to go with it! Here's what's happening:

- **New Name, Same Great Platform:** You'll notice the new SportsEngine Motion logo when you log in on your computer, but everything else stays the same.
- **OnDeck App Upgrade:** The OnDeck mobile app is being replaced by the SportsEngine Motion app. To keep enjoying all your favorite features—and discover some new ones—you'll need to make the switch.

What You Need to Do:

1. Download SportsEngine Motion from the App Store or Google Play.
2. Log in using your current OnDeck username and password.
3. Explore the same great features, plus some exciting updates!



OnDeck won't be supported after 2024. To stay connected, please download the new app soon.



Xtreme Swim has set up an online store specifically for FCST! Set up an account, log-in, and enter the team code "FCST" to purchase equipment and team suits from our Team Store.

Doing this will also allow you to benefit from the discounts they have offered us! Team Suits are available for everyone to purchase, along with any other equipment that you might need. You will save 25% on all Arena items and 10% on all other brands. You will also receive 5% credit back after every purchase and free shipping on all orders over \$75.

Swimmer Spotlight



Lauren Fuller, Ethan Chen,
& Winnie Liu

cont. on pg. 3

Upcoming Events & Important Dates

Competitive

Dec. 11-14 - Winter Junior Nationals @ Lee & Joe Jamail TSC

Dec. 13-15 - Gulf Senior Champs @ FBISD Training Pool

Dec. 20-22 - Gulf Fall Champs @ FBISD Training Pool

Dec. 31 - USA Swimming Membership Expiration *[RENEW HERE](#)

Dec. 27 - Jan. 6 - MONSTER TRAINING

Jan. 3-5 - PACK Rubber Duckie Invite @ Klein HS

Jan. 3-5 - Katy Westpark Tollway Classic

Masters

Dec. 31 - USMS Membership Expiration *[RENEW HERE](#)

Feb. 16 - DADS Sweetheart Swim Meet @ Emmons Natatorium

Swim League

Winter/Spring Registration is LIVE!

Jan. 13 - Start of Swim League 1, 2, & 3

Mar. 17 - Start of Junior Swim League



Happy Birthday!

FCST DECEMBER BIRTHDAYS

12/02 Coach Lee ~ 12/06 Coach Trevor ~ 12/15 Coach Will ~ 12/20 Coach Jerome

Competitive

Reza Hanggoro, Grayson Choong, Hali Lin, Emma Du, Parsa Mondegarian, Saarth Prasad, Ann Zheng, Hussein Abou El Azm, Wei Lee, Ashley Weber, Patrice Thane, Emilee Grace, McCann, Dania Shoukry, Hai-Phong Nguyen, Alyvia Wong, Gitika Singh, Shayar Shah, Elle Marino, Gina Lu, Lynna Lu, Ruchir Nithin, Madison Stirman, Charles Yuan, Tayden Tran, Eleanor Copeland, Geet Kishore Allamneni, Tanvi Joshi, Isabella Zelaya, Hriday Baxi, Santiago Pletcher-Rodriguez, Natalie Sun, Mia Anand, Marcus Tran, Erin Maddan, Haley Finley, Andrew Huang, Blake Peterson, Nivaan Mohanty, Amelia Wells, Aaron Lopez, Arya Anand, Ziheng Hong, Riggs Peterson, Mateo Gutierrez, Edwyn Chou

Masters

Natasha Fung, Max Zollner, Ryan Ouderkirk, Karl Schuler, Devon Asphall

Swim League

Jahida Eniafe, Hailey Wong, Shaheer Khan, Amy Yoon, Ryan Lin, Rushil Talreja, Swara Tadanki, Sudhish Undapalli, Farriss Morsy, Kiara Singh, Noah Lew, Yahyaa Khan, Donovan Kim, Alexandra Barreto, Noah Green

Parent Education Article

Mindset of a Champion: 13 Steps to Develop Yours and Win The Game!

“When we talk about the mindset of a champion, we’re diving into a world that’s as much about mental grit as it is about physical prowess. It’s like having this secret sauce that separates the greats from the rest.

And trust me, it’s not just about **thinking positive**. It’s a whole different level of mental game.

Let’s break it down, shall we?

- What is Mindset?
- Mindset of a Champion: What’s the secret?
- How to Cultivate the Mindset of a Champion”

Read more by clicking the link in the title!!



Pool
Locations

Swimmer Spotlight

Lauren Fuller, Ethan Chen, & Winnie Liu

Lauren, Ethan, and Winnie have trained and registered as Junior Officials with USA Swimming.

Junior Officials are allowed to work at all 12 & Under swim meets, and working as a Junior Official is a great way for older swimmers to give back to and support younger swimmers.

If you are 13-17 years old and interested in becoming a Junior Official, please connect with your coach or email athletes@gulfswimming.org

To nominate a swimmer for our swimmer spotlight, email coachmacy@swimfcst.com

**WINTER/SPRING
SWIM LEAGUE**

INFO HERE!

REGISTER HERE!

Competitive Team Policy Updates

Competitive Team Parents,

You should receive an alert next time you sign into SportsEngine Motion prompting you to re-agree to the following:

1. 2024-2025 Team Policies
2. SafeSport MAAPP

We have added a new Rideshare policy, updated our Competitive Private Lesson policy, and have updated our MAAPP in accordance with recent USA Swimming updates.

If your agreements are not re-acknowledged **by December 20th**, your swimmer's ability to participate in USA Swimming events may be impacted.

**If needed, don't forget to renew your
USA Swimming**



**or
USMS Membership!**



Holiday Sweatshirt Fundraiser

Order Form Here!

We are thrilled to share the sweatshirt designs for our 2024 Holiday Sweatshirt Fundraiser! The swimmer-designed sweatshirt was **designed by Elyse Wong (AG3 - FC)** & anonymously selected by the coaching staff as our 2024 Holiday Sweatshirt!

These sweatshirts are pre-order with an estimated delivery date of 12/20.

The FCST emblem sweatshirt is limited stock & will be sold as supplies last.

All profits this sweatshirt fundraiser will go directly toward supporting FCST's team goals!

*****Orders are due by MONDAY,
DECEMBER 16th, @ NOON*****



College Signing Day

Last month, 6 of our senior swimmers signed their National Letters of Intent to compete at the collegiate level.



Kk LeBlanc - Ohio State University
Cade Doherty - University of Wyoming
Lillie Sczech - Texas A&M University
Theo Ho - Trinity University
Carter Gray - Villanova University
Jack Boysen - University of Wyoming

Congratulations to these swimmers on such an incredible achievement!

Holiday Giving

Our Senior Elite, Senior 3, & PreSenior 3 families teamed up to give back this Holiday season!

These families worked together to purchase Christmas gifts for two foster children, Zina (age 1) and Larry (age 12).

FCST is proud to support our community & spread some Holiday Cheer!



2024 Scholastic All-Americans

Congratulations to the following FCST swimmers on being recognized as Scholastic All-American Athletes.

Lloyd Gomez
Kk LeBlanc
Winnie Liu

Gideon Swan
Addie Williford
Michael Yuen

These swimmers have achieved at least one Winter Junior National qualifying time while maintaining a high school GPA of 3.5 or higher!

Congratulations to the following swimmers for breaking team records in November!



Shelby Bigby

9-10 - 50 Back - 36.34



Ethan Valerio

13-14 - 500 Free - 4:36.00
13-14 - 200 Fly - 1:54.95
13-14 - 200 IM - 1:54.56



Kk LeBlanc

15-18 & Open - 50 Back - 25.78

NOVEMBER - 100% ATTENDANCE

DEVELOPMENTAL

Blue FC - Grayson Choong

Blue NT - Mia King, Lawrence Wang

Red A FC - Melia Cogill, Mason King, Nikit Saxena, Ethan Yang

Red B FC - Amara Ali, Naina Kumar, Tyler Li, Juliana Nutzmand, Emily Phan, Aizah Rahman, Noe Unverzagt, Alvin Zhang

Red C FC - Freddie Cheng, Raunak Pandey, Roshni Pandey, Donahue Williams

Red 7M - Anny Cao

White A FC - Margaret Gamboa, Tai Le, Hali Lin, Anayah Rahman, Emery Shelton, Knox Vega

White B FC - Olivia Boit, Darian Doan, Anayah Rahman, Dorcas Wu, Ann Zheng

White 7M - Garrett Kane, Shayna Khodayari, Vianna Khodayari

AGE GROUP

Age Group 1 FC - Adam Aburas, Micah Boit, Henry Gonchar, Anandra Halim, Jordan Ho, Nathan Liu, Liam Luu, Elene Zhang

Age Group 1 7M - Isaac Zhang

Age Group 3 FC - Kingsley Tran, Konnor Tran

Age Group 4 FC - Parker Nesmith, Amy Tran, Nelson Zhang

Age Group 4 LMF - Wanxin Gu, Juliet Horowitz, Adriana Luico

Pre Senior 3 FC - Ashley Fuller, Ruchir Nithin

#BuildingExcellence

Developmental

White A FC - Tai Le

White B FC - Ann Zheng

White 7M - Shayna Khodayari

Red A FC - Ari Cagas

Red B FC - Kasey Zhou

Red C FC - Katherine

Rounsavall

Red 7M - Anny Cao

Blue FC - Claire Maddan &

Brandy Vuong

Blue NT - Mito Egbetola &

Lawrence Wang

Blue 7M - Addison Garrett

NOVEMBER - SWIMMERS OF THE MONTH

Age Group

AG1 FC - Liam Choong

AG1 7M - Grace Adams & Isaac Zhang

AG2 FC - Charlotte Shelton

AG2 7M - Liam Frazier

AG3 FC - Elise Cass

AG3 7M - Eleanor Copeland

AG4 FC - Owen Stalnaker

AG4 LMF - Ellie Zhang

PS1 - Ariana Hrybachova & Connor Lutz

PS2 FC - Santiago White

PS2 LMF - Nathan Pham

PS3 FC - Molly Kate Maddan

PS3 LMF - Sophia Fu

Senior

S2 - Daniel Bu

S3 FC - Timothy Tran

S3 LMF - Owen Canella

SE - Lillie Sczech

Top 10 Reasons to Train over the Holidays

1. Swimmers improve!
2. You get to know the college athletes who come home to train
3. Athletes get to do things they have never done before, achieving great accomplishments in challenge sets, distance, or speed
4. Build a base for the future
5. Work on team building
6. Maintain the training cycle
7. Training is more focused since the athletes do not have school to divide their focus
8. More time can be spent on improving mechanics and aerobic base
9. Work the athletes do sets them apart from all other athletes
10. Holiday training is FUN!



@SWIMFCST



Follow/Like Our Public Page - First Colony Swim Team

