



# TEAM NEWSLETTER



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

Office Phone: (281) 969-8759

## #FCSTFamily

### 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

- Dec. 22 – Jan. 5:  
Monster Training
- Dec. 23 – 26:  
Holiday Break
- Jan. 11 – 13: LAC  
Ice Breaker
- Jan. 18 – 20: SSAN  
Prelim/Final Meet
- Dec 14 – 16:  
January  
Developmental  
Meet HOSTED by  
FCST

### News & Updates:

- **FCST Holiday Training Philosophy:** Scroll down to find out the importance of swimming during Holiday break, also known as Monster Training!
- **2018 Monster Training!** Winter holiday training, just like summer training, is a great time for swimmers to focus on getting a lot done without worrying about school homework and tests. This can also be a fun way for swimmers to meet new friends who share and understand their passion for swimming. **CLICK HERE** for more info!
- **CLICK HERE** for the Fall Champs Meet Summary!
- **CLICK HERE** for the Senior Champs Meet Summary!
- **Thank you FCST Families for an amazing 2018! We can't wait to continue our success in 2019 with you! No practice Dec. 23 – 26!**

### Upcoming Meet Information:

Meet Webpage, Dates, & Location:	Athletes Eligible:	Prelim and Final Entry Deadline:	Volunteer Opportunities:
<b>LAC Ice Breaker.</b> Jan. 11 – 13, Lewisville, TX	Swimmers with 5 A times	Dec. 22 & Jan. 5	Coming soon!
<b>SSAN Prelim/Final Meet.</b> Jan. 18 – 20, Spring, TX	Swimmers with less than 4 A times	Dec. 22 & Jan. 5	Coming soon!
<b>Jan. Developmental Meet HOSTED by FCST.</b> Dec. 7 – 9. TBD	White, Red, & Blue 1	Jan. 5 & Jan. 10	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

## 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

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## Coaches Corner

**[CLICK HERE](#) for our FCST Holiday Training Philosophy**