



# 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

- Dec. 5 - 8: Southern Seniors
- Dec. 6 - 8: Gulf 13 & Over Champs
- Dec. 6 - 8: Gulf AG Champs

### News & Updates:

- **2019 FCST Fundraiser:** Great job everybody! Thank you for the support! #BeFCST – Summary coming soon!
- **Masters' Drill Clinic** – Learn from FCST Coaches on swim drills that can help! [CLICK HERE](#) for more info
- **Coach Corner:** *What is the importance of Holiday Training - November & December (Monster)? – scroll down!*

### 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>Dec. 5 - 8:</b> <b><u>2019 Gulf Southern Senior Champs @ TWST</u></b>	Qualified Senior Swimmers	Oct. 29 & Nov. 5	<b>Coming soon!</b>
<b>Dec. 6 - 8:</b> <b><u>2019 Gulf 13 &amp; Over Champs @ TBD</u></b>	Swimmers not attending AG Champs or Southern Senior	Oct. 29 & Nov. 5	<b>Coming soon!</b>
<b>Dec. 6 - 8:</b> <b><u>2019 Gulf AG Champs @ College Station</u></b>	Qualified 14 & under swimmers	Oct. 29 & Nov. 5	<b>Coming soon!</b>

\*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

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## Contact Us

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Billing](#)

[HR & Administration](#)

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[\\*If you are no longer  
affiliated with the team and  
would like to be removed.  
Contact  
socialmedia@swimfcst.com](#)

## Coaches Corner

### What is the importance of Holiday Training - November & December(Monster)?

It is a way for FCST to help promote the importance of training through the holiday breaks.

**Senior Division-** For athletes in our Senior 1, Senior 2, and Senior Elite groups, the holidays provide an opportunity to make major gains in their training. The work these athletes do during Thanksgiving and Christmas breaks establishes their training foundation for the entire swimming year, not just short course season. Also, they truly enjoy the camaraderie built by sticking together through the holidays and working together through the practices.

**Age Group Division-** Athletes in our Age Group 1, 2, & 3, as well as Pre-Senior 1, 2, & 3 groups benefit from an extended period of training during the school year that directly emulates an ideal training schedule. The athletes are able to put most of their focus on their swimming, nutrition, and proper recovery. This time is also a key component in their long term development as a swimmer.

**Developmental Division-** Athletes in White, Red, Blue 1, and & Blue 2 are able to continue building upon the foundation they have created; helping their overall development as they progress through the current season and beyond. Holiday training provides them a stable practice routine where they can maintain and improve the technical aspects of their strokes. Practicing over holiday breaks also prevents long breaks from being out of the water. At this age/stage, consistent time in the water is a key factor in improvement. The White and Red groups will have an adjusted Monster Training as they learn what Monster Training is and learn to love the sport.

- Head Coach Pete Wright