



# 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. 11 - 14: Winter Juniors
- Dec. 13 - 15: Gulf 12 & U Champs
- Dec. 21 - Jan. 4: Monster Training

### News & Updates:

- Great job to all the swimmers that competed in the Woodlands, College Station, and the University of Houston! Summary coming soon! Good luck to our Junior National and 12 & U swimmers!
- 2019 Monster (December) Training Schedules – [CLICK HERE](#)
- Coach Corner: *Why Should My Swimmer Attend Meet Warm-Up? – 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. 11 - 14:</b> <b><a href="#">2019 USA Winter Juniors @ Seattle, WA</a></b>	Qualified Senior swimmers	Past Due	NA
<b>Dec. 13 - 15:</b> <b><a href="#">2019 Gulf 12 &amp; U Champs @ Lufkin, TX</a></b>	All 12 & under swimmers NOT qualified for Gulf Age Group Champs	Past Due	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.

### Coaches Corner

## Social Media

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## Contact Us

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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](#)

### Why Should My Swimmer Attend Meet Warm-Up?

This is a common questions among many parents who are new to USA Swimming, have never had this explained to them, do not want to get their swimmer to a meet hours before their race or just don't see the point.

**1) TEAM Warm-Up:** This is something that FCST requires at every level or our program; Developmental, Age Group and Senior. This is a chance for all the kids to warm-up with their coach and make sure they are doing enough to ensure that their body / muscles are actually warmed-up properly.

**2) Relays:** Warm-up is a great way for coaches to take attendance at meets with relays and make sure the relay swimmers are at the meet. If your swimmer skips warm-up there is a very good chance they will lose a spot on a relay. This is not because we do not want them to swim, but because we do not know if they will be at the meet. Most of the time relay names need to be turned in 30-45 minutes before a meet starts.

**3) Routine:** Most swimmers are creatures of habit, or will become as their swimming career progresses. Many of them will want to have the same thing eat for breakfast, snack at a meet, do the same warm-up, have their lucky pair of goggles etc... Another big part of this routine is making sure that swimmers get up in time to eat breakfast before meets and be fully awake when they arrive at the pool. It is not uncommon for swimmers to get to a meet 15-60 minutes late and look like they just woke up. They will then tell their coach that they have not warmed-up or had breakfast. Some of these swimmers will tell their coach that their parents wanted them to get more sleep. It is actually more beneficial for them to stay on their same weekday schedule than it is to sleep in.

- FCST COACHING STAFF