



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

- Feb. 15: Champs Spirit Night - Freebirds
- Feb. 16: SC Champs I
- Feb. 22 - 24: SC Champs II
- Feb. 28 - Mar. 3: Senior Sectionals
- Mar. 1 - 3: SC Champs III
- Mar. 7 - 10: TAGS
- Mar. 16: Long Course Kick-off at

News & Updates:

- Keep an eye out for the Meet Itinerary for Champs II! We are excited to kick-off our Champs Season!
- **2019 Long Course Kick Off with Houston Dynamo!** – Mar. 16, KICK off the 2019 Long Course season with your FCST Family and the Houston Dynamo! **CLICK HERE** to RSVP by Feb. 20
- **2019 Championship Spirit Night Party!** – On Feb. 15 we will have a Spirit Night at the Sugar Land Location Freebirds! **CLICK HERE** for more info!
- Scroll down for the Coach Corner: *“Why Should My Swimmer Attend Meet Warm-Up?”* – Coach Adam

Upcoming Meet Information:

CLICK HERE for the FCST Competitive Suit Policy

Meet Webpage, Dates, & Location:	Athletes Eligible:	Prelim and Final Entry Deadline:	Volunteer Opportunities:
Champs I. Feb. 16. Lufkin, TX	8 & Under	Jan. 15 & 22	Coming soon!
Champs II. Feb. 22 - 24. Woodlands, TX	9 - 10, 11 - 12, & 13 - 14 w/ 2 A times or fewer	Jan. 22 & 29	Coming soon!
Senior Sectionals. Feb. 28 - Mar. 3. College Station, TX	Qualified seniors	Jan. 24 & 31	Coming soon!
Champs III. Mar. 1 - 3. Don Cook Nat.	13 - 14 w/ 3 A times or more & 15 - 18	Jan. 24 & 31	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

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

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

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.

4) Getting an actual warm-up: When kids arrive late to meets they tend to not come check in with their coach until 10-15 minutes before they swim. At this point most of these swimmers have not warmed-up and do not have enough time before they swim. Most groups on the Age Group to Senior side can spend over 30 minutes warming-up. Coaches plan out meet warm-ups to make sure the kids are ready to compete at a high level no matter what stroke or distance they will be swimming.

5) Teaching kids the importance of warm-up: Some coaches will go over their group's meet warm-up multiple times leading up to a meet. This is done to ensure the kids know what to do when they get to the pool, and to help them understand the importance of getting a good warm-up. When the kids come to practice they can spend 10-45 minutes doing dryland before getting in the pool. Once they are in the pool they may spend another 15-30 minutes warming-up in the water before they are asked to go fast. We want them to understand that if they show up to swim meet and do not warm-up in is not realistic to expect to swim a best time.

6) TEAM Meeting: After every meet warm-up we will hold a group / team meeting. During this meeting coaches will go over important information for the meet. We will cover relays, odd end vs. even end, reminding the kids to talk with their coach before and after they swim and many other important topics that will help them be successful.

- Coach Adam