

SWIMFCST NEWS

FCST Families!!!

We are so excited to kick off the annual fundraiser this week! Thank you to everyone that has already created their Snap! Raise profiles and put in 20 supporter email addresses. If you have not created your account, please do so ASAP. The fundraiser is an important part of making FCST the best program that it can possibly be within the Gulf, the state of Texas, and the nation.

The Fundraiser helps provide several things for all the kids each year across our programs. It helps us with purchasing tarps, lane lines, portable starting blocks, dryland equipment, elevated training programming for the athletes, and much more! We are so grateful to our families and fans for their continued support, and I am very excited for my cold plunge and 400 IM as well as **the new haircut I will be getting if we reach the \$100,000 mark!**

-Coach Ben P.



Use the QR code to register for our fundraiser & help us reach our \$100,00 goal!

5% of net donation go will go to the Richmond State School Aquatics Program

Check out previous communication or ask your coach about our raffles & prizes!



Upcoming Events & Important Dates

Competitive

Feb. 21-23 - 12 & Under Champs

Feb. 28-Mar. 2 - 13 & Over Champs

Mar. 6-9 - TAGS @ FMH Foundation Natatorium

Mar. 6-9 Speedo Sectionals @ Northwest ISD Aquatic Center

Masters

Feb. 16 - DADS Sweetheart Swim Meet @ Emmons Natatorium

Mar. 8 - RICE March Madness @ Rice University Rec Center

Apr. 24-27 - USMS Spring Nationals (San Antonio, TX)

Swim League

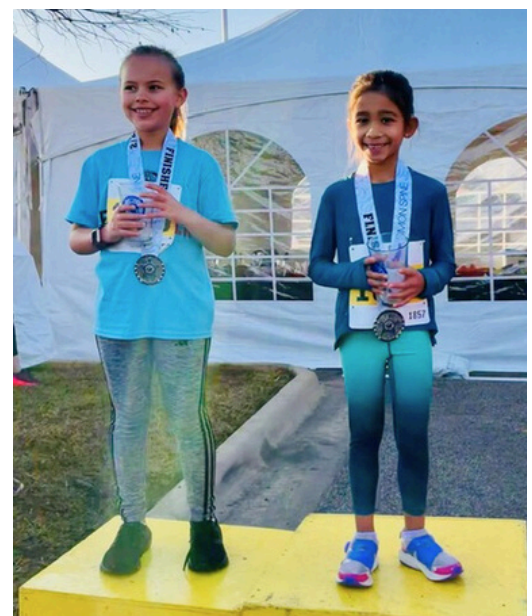
Winter/Spring Registration is LIVE!

Feb. 15 - Registration closes for Swim League 1, 2, & 3

Mar. 22 - Registration closes for Junior Swim League

Apr. 19 - Last Day of Winter/Spring Swim League

Swimmer Spotlight



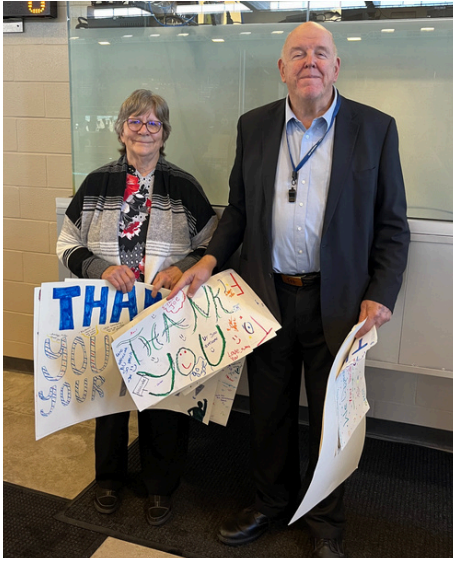
Jasmine Altmiller & Mia Anand
Blue NT & Red A FC

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1st Annual Joe Stucka Winter Classic

On January 19th, FCST hosted our 1st annual Joe Stucka Winter Classic!

We are honored to name our January developmental meet after Joe, who has served the FCST family, Gulf Swimming, and USA Swimming for over 3 decades. As a USA Swimming Official, Joe has mentored hundreds of officials and created opportunities for thousands of swimmers to showcase their hard work at meets.



& our swimmers did just that at the meet!

187 of our White, Red, and Blue Group swimmers participated in the meet.

Many swimming (& crushing) the 500 for the first time in addition to other event firsts!

The coaches are so proud of the swimmers' accomplishments & Thank you to Joe for helping make their successes possible!



Happy Birthday!

FCST FEBRUARY BIRTHDAYS

2/10 Coach Macy ~ 2/24 Coach Justin

Competitive

Ishan Patel, Elise Williford, Ethan Valerio, Andrew Wu, Aidan Taylor, Prann Vimuktananda, Karl Nolte, Chelsea Jin, Nicole Liu, Edward Fu, Syed Ali, Andrew Zhang, Emma Trisna, Anushka Kakkar, Victor Cheng, Ernest Garaev, Liam Luu, Cooper Hutchens, Lucas Wong, Olivia Ward, Lloyd Gomez, Kenny Zhou, Christopher Yuan, Olivia Huynh, Kastine Nguyen, Katherine Rounsavall, Vianna Khodayari, Tiffany Paschal, Arthur Newton, Eisley Cordova, Neil Phansalkar, Krish Advani, Naina Kumar, Eilene Lau, Skylar Marie Li, Paolo Fababaer, Hannah Soliman, Tanya Wu, Jack Maddan, Isaac Flatt, Yiyi Cheng, Tri Le, Roshni Pandey, Raunak Pandey, Carmelia Leung

Masters

Arjun Prakash

Swim League

Nikhil John, Kiyen Mondegarian, Gabe Ozoh, Scarlett Cheng, Allison Yearwood, Anika Akella, Josie Deng, Nkemeti Azobu, Bryce Rosales, Mahesh Uppalapati, Alex Xu, Saniya Raju, Siana Sarolia, Ella Song

WINTER/SPRING SWIM LEAGUE

INFO HERE!

REGISTER HERE!

**Pool
Locations**

Education Video

Coach Tony Bennett On The Important of Passion In Athletics

Parent Education Article

**Pound the Rock! What the San Antonio Spurs Can Teach Us About Getting
1% Better Every Day by John O'Sullivan**

One of the most successful sporting franchises across the globe the last few decades is the San Antonio Spurs of the NBA. With five NBA titles since 1999, 22 overall division titles, having won at least 50 games for 18 consecutive seasons, and having missed the playoffs only 4 times in their history, the Spurs and their coach Gregg Popovich are models of consistent excellence. So how do they do it? They "pound the rock."

As Daniel Coyle tells us in his fantastic new book *The Culture Code: The Secrets of Highly Successful Groups*, when you walk into the Spurs facility, you see a giant rock and hammer. Then you see the following quote, written in the five native languages of Spurs players, adorning the walls: "When nothing seems to help, I go look at a stonecutter hammering away at his rock perhaps a hundred times without as much as a crack showing in it. Yet at the hundred and first blow it will split in two, and I know it was not that blow that did it, but all that had gone before." – Jacob Riis

Practice after practice, day after day, season after season, the Spurs pound the rock. They get 1% better every day. They know that the first one hundred blows may not yield the outcome they hope for, but only through one hundred unsuccessful blows will come the one that cracks the rock, the one breakthrough victory, the next world title. Ask any Spurs player what it is all about to be a member of that team, and they will all tell you: **POUND THE ROCK!** [Continue Reading...](#)

Swimmer Spotlight

Jasmine Altmiller & Mia Anand

Two of our competitive team developmental swimmers, Jasmine & Mia competed in the Simone Spine Family Friendly 5k on February 2nd.

Mia placed 1st and Jasmine placed 2nd in the 5-9 age group!

The Simone Spine 5k is a local event benefiting the Fort Ben Education Foundation.

Congratulations to these two swimmers on a successful race. FCST is proud to see our swimmers out in the community staying fit for a good cause!

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

Congratulations to Isaac Zhang for breaking Team Records in January



8&U - 100 Free LCM - 1:19.48
8&U - 50 Breast LCM - 45.38
8&U - 100 Breast LCM - 1:43.20



TECH SUIT INFORMATION!

Xtreme Swim has set up an online store specifically for FCST & all of our swimmers receive discounts on competition suits.

All swimmers will receive 25% off their tech suit directly through the Xtreme Swim website. Be sure to log-in and connect to FCST's team store!

Sectionals qualifiers will receive 35% off their tech suit by calling (972) 596-2188 Tues-Sat 10am-5pm. Be sure to ask for Holly!

You will receive 5% credit back after every purchase and free shipping on all orders over \$75.

Don't forget to review the Competitive Team Competition Suit Policy [HERE](#) to ensure you purchase the appropriate suit for your swimmer. Email your lead coach with any questions.

JANUARY - 100% ATTENDANCE

DEVELOPMENTAL

Blue FC - Sebastian Campolieto-Morales, Grayson Choong, Liam Ho, Skylar Marie Li, Alexander Tinajero, Prann Vimuktananda, Wesley Yu

Blue 7M - Avery Frymoyer

Red A FC - Arya Anand, Mia Anand, Melia Cogil, Mason King, Michael Li, Anivia Shi

Red B FC - Vivasvaan Rao, Luciana Shen, Roman Shen, Olivia Ward, Kasey Zhou

Red C FC - Mihika Baxi, Raunak Pandey, Roshni Pandey

Red 7M - Anny Cao, Avery Frymoyer, Joel Wisbrock

White A FC - Jayde Jaimungal, Zachary Li, Vedanth Mahadevan, Anika Prakash, Aradhya Sankar

White B FC - Olivia Boit, Anayah Rahman, Dorcas Wu

White 7M - Conner Prunty

AGE GROUP

Age Group 1 FC - Adam Aburas, Micah Boit, Colin Carandang, Liam Choong, Eisley Cordova, Henry Gonchar, Jordan Ho, Jayce Jaimungal, Nathan Liu, Anabella Tinajero, Lawrence Wang, Elene Zhang

Age Group 1 7M - Jase Prunty

Age Group 2 7M - Liam Frazier

Age Group 3 FC - Elise Cass, Derek Yang, Jason Yang

Age Group 4 FC - Kyle Du, Samantha Mathew, Parker Nesmith, Owen Stalnaker

Age Group 4 LMF - Alexis Wong, Penny Gu, Chloe Balac-Davies, Kate Luico, Brody Burson

Pre Senior 3 FC - Michaela Cogil, Ashley Fuller, Molly Kate Maddan

SWIMMERS OF THE MONTH

Developmental

White A FC - Vedanth Mahadevan

White B FC - Mila Dave

White 7M - Vianna Khodayari

Red A FC - Michael Li

Red B FC - Emily Pham

Red C FC - Emma Trisna

Red 7M - Kerry Liu

Blue FC - Andrew Lam

Blue NT - Mia Bordt & Veer Gade

Blue 7M - Aaron Liu

Age Group

AG1 FC - Natalie Sun

AG1 7M - Lydia Werth

AG2 FC - Ethan Pham

AG2 7M - Benjamin Astete

AG3 FC - Evan Makarov

AG3 7M - Cole Hotzle

AG4 FC - Parker Nesmith

AG4 LMF - Penny Gu

PS1 - Devon Nelson

PS2 FC - Michell Xu

PS2 LMF - Meidi Wang

PS3 FC - Ellie Kidd

PS3 LMF - Lexie Smith

Senior

S1 - Jeeya Joshi

S2 - Colton Li

S3 FC - David Ramirez

S3 LMF - Meghan Lau

SE - Jack Maddan



@SWIMFCST



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