



# 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:

- Feb 27 – Mar 1: Sectionals
- Feb 28 – Mar 1: Gulf Champs 3
- Mar. 5 – 8: TAGS
- Mar. 7 – 15: No Practice
- Mar. 16: Long Course Season Starts

### News & Updates:

- Great job racing to our Champs II swimmers! Meet summary coming soon!
- Champs Season Started Off Right: No Rest For The Committed – [CLICK HERE](#) for Champs I summary
- KICK off the 2020 Long Course season with your FCST Family and the Houston Dynamo! – RSVP by Mar. 2<sup>nd</sup>; [CLICK HERE](#) for more info!
- 2020 FCST Summer League 101 – [CLICK HERE](#) for more info
- Coach Corner: *FCST Summer League Philosophy* – 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>Feb. 27 – Mar. 1: <a href="#">Sectionals @ TAMU</a></b>	Qualified Senior swimmers	Feb. 5 & 12	<b>Coming soon!</b>
<b>Feb. 28 – Mar. 1: <a href="#">Gulf Champs III @ FBISD Training Pool</a></b>	13 – 14 with 3 or more A time & 15 – 18 swimmers	Jan. 29 & Feb. 5	<b>Coming soon!</b>

## 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](#)

**Mar.5 – Mar. 8:**

**TAGS @  
Lewisville, TX**

Qualified 14 &  
under swimmers

Feb. 19 & 26

**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

### ***FCST Summer League Philosophy***

Summer league is a fun introduction to competitive swimming in the form of a summertime activity. The next step for those interested in pursuing the sport further is year-round swimming. Traits such as leadership, self-confidence, goal setting, organization, and more are integrated into the daily practice sessions of a year-round swimmer. Coaches are nationally certified and continually educated to help all swimmers reach their goals.

Once a swimmer reaches the Age Group 1 level and higher, fun takes on a new meaning as swimmers create tight bonds with their teammates, group, and coaches. An important part of the development process is that they experience long course swimming (Spring and Summertime). The year-round swimmer trains for the long term, with progressively more advanced skills and fitness level achievement. Hard work becomes a source of pride. Going back to summer league for the more advanced swimmer may result in a loss of fitness, technique, and continuity of progression.

There are many intrinsic rewards to year-round swimming as well. Swimmers learn to enjoy the success of accomplishing a hard set or making an interval they never have before; they develop confidence for the level of competition they will be facing at meets; they prepare for races of various distances that will carry them through their long-term swimming goals. Those swimmers who continue with FCST in the spring and summer often make huge gains in skills and fitness (particularly during the summer when school is out) and will be able to make a much smoother transition to higher level groups.

\*Swimmers in Age Group 1 and above are strongly encouraged to train and compete with FCST through the summer season. Swimmers below the Age Group 1 level should consult with their coaches for the best course of action\*

