



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. 28 – Mar. 3: Senior Sectionals
- Mar. 1 – 3: SC Champs III
- Mar. 7 – 10: TAGS
 - Mar. 16: Long Course Kick-off at Dynamo Game
- Mar. 18: First day of Long Course

News & Updates:

- Thank you for a great weekend of racing in the Woodlands, TX! Great job to all our swimmers that competed at Champs II!
- 8 & Unders Take First Overall at Champs I to Kick start 2019 Short Course Championship Season! – [CLICK HERE](#) for summary
- Scroll down for the Coach Corner: *How does swimming prelim/final meets influence the long-term development of an individual swimmer?* – Coach Pete

Upcoming Meet Information:

[CLICK HERE](#) for the FCST Competitive Suit Policy

Meet Webpage, Dates, & Location:	Athletes Eligible:	Prelim and Final Entry Deadline:	Volunteer Opportunities:
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!
TAGS. Mar. 7 - 10. Woodlands, 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

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

Coaches Corner

How does swimming prelim/final meets influence the long-term development of an individual swimmer?

"Challenges are necessary for developing not only a swimmer but an individual willing to compete and continually improve from that given challenge.

Championship meets are challenges. They are an opportunity for a swimmer of any age to compete and apply the skills and conditioning acquired over the past several months in a Championship setting.

To better prepare for the end of the season Championship meets we need to learn from the Fall Championship competitions. Championship meet results are determined by the sum of the points scored by both individuals and relays. The points are scored at either timed finals or during the finals session of prelim/finals meets.

Depending on the Championship some offer a prelim/final meet format. The opportunity to potentially race the same event twice in a day will provide substantial information for the swimmer and the coach. The outcomes help determine success and areas of improvement. Swimmers can make the necessary adjustments in a given event the day of instead of the following month. There are few opportunities for swimmers to swim the same event twice at a swim meet. As a swimmer progresses through the swim program, prelim/final meets become more frequent. Therefore, gaining experience at a young age benefits the long-term development and success of a seasoned swimmer.

For sustained team success to occur, swimmers, coaches and parents must support one another through the challenges of Championship meets. The challenges to score strengthen team bonds and help team culture to grow continually. Individual swimming success is great; swimming fast with a team is fun and some of the best memories for teams, swimmers and coaches."

- Head Coach Pete Wright