



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. 9: Developing Strong Girls
- Feb 8 – 9: CFSC Pre-Champs Primer
- Feb. 13: SC Champs Launch Party
- Feb 15: Gulf Champs I

News & Updates:

- Gulf Swimming Parent Master Class Series w/ Hayes and Missy – [CLICK HERE](#) to RSVP and more info
- Developing Strong Girls with Coach Dana & Coach Markell – [CLICK HERE](#) for more info and to RSVP: Feb. 9th
- 2020 SC Champs Launch Party @ Freebirds; Feb. 13th – [CLICK HERE](#) for more info
- SSAN Winter Invite: [CLICK HERE](#) for summary
- FCST Developmental Jan. Meet: [CLICK HERE](#) for summary
- Coach Corner: *Coach's Pete's Top Tips for Success at Prelims and Finals Swim Meets – 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:
Feb. 8 - 9: 2020 CFSC Pre-Champs Primer @ Houston, TX	All Senior Groups, Pre-Senior 3, Pre-Senior 2 and Age Group 3	Jan. 20 & 25	Coming soon!
Feb. 15: Gulf Champs I @ Houston, TX	All 8 & Under swimmers	Jan. 15 & 22	CLICK HERE

- Feb 21 – 23: Gulf Champs II
- Feb 27 – Mar 1: Sectionals

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](#)

Feb. 21 & 23: <u>Gulf Champs II</u> <u>@ TBD</u>	All 9 – 10, 11 -12, & 13 – 14 with less then 2 A times	Jan. 22 & 29	Coming soon!
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*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

Coach's Pete's Top Tips for Success at Prelims and Finals Swim Meets:

1. Plan on a hotel room if the drive is longer than 40 minutes one way. Resting in the car is not adequate to keep swimmers fresh for finals.
2. Make sure to ask for late Check-Out on the last day of the meet when you check-in. Don't wait until the morning of the last day.
3. Plan for all meals
 - a. Look for a hotel with a free breakfast buffet
 - b. Lunch should be something healthy and fast
 - c. Order dinner for pick-up before finals ends
 - d. Bring healthy snacks to each session.
4. A good nap between sessions is imperative every day! Swimmers will begin to get tired by the last day. Making a nap part of the daily plan will keep swimmers fresh throughout the meet
5. A good night's sleep is imperative. I would recommend ear plugs and a sleeping mask to fall asleep fast and to stay asleep. You can't control who is staying at your hotel.
6. Make sure to have enough dry towels. Utilize the hotel dryers at the end of each day.
7. Have back-up goggles and suits
8. Check in with your Coach when you arrive 15 minutes before meet warm-up at the begging of each session.
9. Make sure to allow swimmers enough time to cool down after the last event of each session. Soreness will take over if the swimmers don't do a great job cooling down!
10. Review the meet itinerary from your Coaches and the meet document on the FCST website.