



# 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:

- **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!
- **FCST Swims to a Combined 3<sup>rd</sup> at Winter Invite in Spring** – **CLICK HERE** for summary
- **Scroll down for the Coach Corner: FCST “Summer League Philosophy”**

### 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>Champs I.</b> Feb. 16. Lufkin, TX	8 & Under	Jan. 15 & 22	Coming soon!
<b>Champs II.</b> Feb. 22 - 24. TBD	9 - 10, 11 - 12, & 13 - 14 w/ 2 A times or fewer	Jan. 22 & 29	Coming soon!
<b>Senior Sectionals.</b> Feb. 28 - Mar. 3. College Station, TX	Qualified seniors	Jan. 24 & 31	Coming soon!
<b>Champs III.</b> 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 deck-enter at the meet (if allowed by meet management) at their own expense and with coach's

## 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

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

- **Summer League 101** - Swimmers that will be returning to their neighborhood summer league team must turn in a drop form. If your child swims in the West Houston Aquatic League (WHAle) they can still swim with FCST through the summer. [CLICK HERE](#) for more information about upcoming dates and events related to summer league.

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\*