



# 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

- Jan. 18 – 20: SSAN Prelim/Final Meet
  - Jan 19: January Developmental Meet HOSTED by FCST
    - Feb. 16: SC Champs I
  - Feb. 22 – 24: SC Champs II
  - Feb. 28 – Mar. 3: Senior Sectionals
  - Mar. 1 – 3: SC Champs III

### News & Updates:

- **Thank you FCST Families for the support in Lewisville, TX!** The LAC Ice Breaker was a huge success! Keep an eye out for the itinerary for the SSAN Prelim/Final meet.
- **FCST Seniors will compete in Senior Sectionals Championship Meet at A&M University.** Thank you for the support!
- **Scroll down for the Coach Corner: Trusting the Coach's Plan on Swim Events**
- **Make sure to follow us on our social media platforms:** scroll down on the left side column for our Facebook, Twitter, and Instagram accounts! GO FCST!

### Upcoming Meet Information:

Meet Webpage, Dates, & Location:	Athletes Eligible:	Prelim and Final Entry Deadline:	Volunteer Opportunities:
<b>SSAN Prelim/Final Meet.</b> Jan. 18 – 20, Spring, TX	Swimmers with less than 4 A times	Closed	Coming soon!
<b>Jan. Developmental Meet HOSTED by FCST.</b> Jan 19. TBD	White, Red, Blue 1 & 2	Dec 31. & Jan. 3	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

### **Trusting the Coach's Plan on Swim Events:**

*Here at First Colony Swim Team we create opportunity for swimmers by merging passion and commitment with expertise resulting in the highest level of personal performance. Those opportunities also include competing in a variety of swim events depending on the time of the swim season. With a season plan a Coach understands when their swimmers are prepared and ready to compete in swim events that are new, events that will not be done at a Championship meet, or the possibility of obtaining a time standard for a given swimmer. The swim events a Coach chooses for their swimmer is based on observation, the established curriculum, physical conditioning, and phase of the season. We invite you to support your Coach when meet entries are shared with the team. Of course, if you have any questions please do not hesitate contacting your Coach to better understand the reasoning. Here are some other reasons for why you should support your Coach's decision on swim events:*

- Offering a different perspective: By competing in a variety of events throughout the season a swimmer can better race and compete in their Championship swim events at the end of the season.
- Trusting the Coach's plan: Along with a season training plan and an established team curriculum a Coach maps the timing and frequency of the swim events throughout the season depending on the team and individual goals.
- Coach's see the everyday progress: For example, due to the amount of time a Coach's observe their swimmer at practice they know when it is appropriate for an inexperienced swimmer to compete in an a new event such as, 200 Butterfly.
- IMX and IMR programs: FCST prides itself on competing in all four strokes and the IM. The goal is to have scores for all eligible swimmers on the team in order to compete nationally with other well-rounded swim teams.