

# SWIMFCST NEWS



Our Masters swimmers got together at the end of December to celebrate the Holiday season!

They shared laughs and made memories over drinks, food, and a white elephant gift exchange - featuring Legos, "A Christmas Story" leg lamp, Good Vibes, and more!

Interested in joining masters?  
Check out our [webpage](#) or email [masters@swimfcst.com](mailto:masters@swimfcst.com)



## ***Congratulations to all our new Team Record Holders from the December Champs Meets!***

***Isacc Zhang  
Shelby Bigby  
Ethan Valerio***

8&U - 50 Breast - 39.44  
9-10 - 50 Back - 30.55  
13-14 - 100 Free - 46.62  
13-14 - 200 Free - 1:40.27  
13-14 - 500 Free - 4:32.20  
13-14 - 200 Back - 1:52.46  
13-14 - 200 Fly - 1:54.81  
13-14 - 200 IM - 1:53.94  
14-14 - 400 IM - 4:00.82

***Jack Maddan***

13-14 - 100 Back - 52.78  
13-14 - 100 Breast - 58.02  
14-14 - 200 Breast - 2:03.18

***Kk LeBlanc***

15-18 & Open - 50 Back - 25.62  
15-18 & Open - 200 Back - 1:56.11

***Jack Boysen  
Gideon Swan***

15-18 & Open - 50 Free - 19.94  
15-18 & Open - 500 Free - 4:21.51

### ***13-14 Boys Relays***

400 F.R. - Valerio, Zhou, Maddan, Nguyen - 3:11.57  
400 M.R. - Valerio, Maddan, Zhou, Nguyen - 3:30.74

### ***15-18 Girls Relays***

200 F.R. - Williford, Finley, Liu, LeBlanc - 1:33.28  
400 F.R. - Williford, Finley, Liu, LeBlanc - 3:23.42  
200 M.R. - LeBlanc, Sczech, Finley, Williford - 1:42.56

## Swimmer Spotlight



Lucas Wong  
Senior Elite

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## Upcoming Events & Important Dates

### General

**\*\*\*Feb. 4 - Start of Annual Fundraiser\*\***  
More information to come!

### Competitive

**Jan. 19 - Developmental Meet @ LCISD Natatorium**

**Jan. 31-Feb. 2 - FLEET Mardi Gras Extravaganza @ Cy-Ranch HS**

### Masters

Jan. 25 - 1-Hour Swim Challenge @ Aquatic Center 2-4pm

**Feb. 16 - DADS Sweetheart Swim Meet @ Emmons Natatorium**

### Swim League

Winter/Spring Registration is LIVE!

Jan. 13 - Start of Swim League 1, 2, & 3

Mar. 17 - Start of Junior Swim League

# Happy Birthday!

## FCST JANUARY BIRTHDAYS

### **Competitive**

Jaycee Vasquez, Brandon Ho, Alex Huang, Luciana Shen, Michael Wang, Christian Garcia, Hansika Arjun, Joshua Miao, Sherry Dong, Riley Behle, Venya Vijayagha, William Stawicki, Knox Vega, Gangrui Hu, Hana Youssef, Evelyn Xu, Annabelle Tanguma, Adaline Soileau, Ryan He, Aaron Wey, Raina Joshi, Avery Manning, Liam Ho, Ellie Kidd, Erin Zhang, Ethan Pham, Aubrey Brooks, Matthew Powell, Sydney Wey, Shelby Bigby, Peyton Lin, Abby Linehan, Jude Crookston, Insiyah Shakir, Hallie Jones, Daniel Bu, Anivia Shi, Sean Carawan, Baohui Bi, Karson Jesrani, Obadare Awolusi, Addison Gaskins, Ethan Xia, Madelyn Vong, Eli Huang, Julianna Konyndyk, Charlotte Konyndyk, Mayan Mohamed, Mia King, Naman Singh, Theodore Lau, Peyton Fry, Everly Forman, Ariela Wong

### **Masters**

Terrylynn Toon, Stuart Chavez, Mason Mills, Salma Beji Aburas,  
Robert Boysen, Eric Unverzagt, Brittany Hajicek

### **Swim League**

Elsie Unverzagt, Srikar Khande, Naitree Badole, Jameelah Eniafe, Hana Pourebrahim, Aiden Xu, Vivaan Ghimirey, Nora Yi, Daksh Lunia, Neel Punith, Tisha Klinkhammer, Dylan Moonnumakal, Grant Johnston, Nathan Fu, John Mayes, Chloe Ho

**WINTER/SPRING  
SWIM LEAGUE**

**INFO HERE!**

**REGISTER HERE!**

**Pool  
Locations**

## **Parent Education Article**

### **Lighting The Way from Behind: A Lesson For Coaches and Parents**

As parents, our love for our kids is so strong that we want the best for them in any way possible. A slippery slope that parents can find themselves in is wanting to take away every barrier that their kid can come across. Let's face it, we as adults have lived a life and learned lessons along the way. That shaped us into the adults we are today or still wanting to become. For our kids, they are still learning, and one day you as the parent will not be around and will have to let your kid spread their wings. Everyone can do hard things! Why not start now, and light the way for your kid from behind, cheering them on from behind, and not getting in the front to do everything for them.

This article has a powerful testimony from an athlete about his Dad lighting the way behind him literally. One small gesture can make a huge impact in our kid's lives!



## **TECH SUIT INFORMATION!**

Xtreme Swim has set up an online store specifically for FCST & all of our swimmers receive discounts on competition suits.

All swimmers will receive 25% off their tech suit directly through the Xtreme Swim website. Be sure to log-in and connect to FCST's team store! Sectionals qualifiers will receive 35% off their tech suit by calling (972) 596-2188 Tues-Sat 10am-5pm. Be sure to ask for Holly!

**You will receive 5% credit back after every purchase and free shipping on all orders over \$75.**

Don't forget to review the Competitive Team Competition Suit Policy **HERE** to ensure you purchase the appropriate suit for your swimmer. Email your lead coach with any questions.

# Gulf Age Group Champs

Though missing out on the title by 45.5 points, our team showcased its best Gulf Age Group Champs performance in over a decade!

6 swimmers (Shelby Bigby, Molly Kate Maddan, Ethan Valerio, Kenny Zhou, Jack Maddan, and Andrew Nguyen) combined to swim 12 top-ten season times in the nation, including 2 top-ranked relays (13-14 Boys 400 FR & 400 MR).

Bigby, M.K. Maddan, and Valerio also earned high point awards at this meet, more winners than any other team.

In addition to the highlights, over 80 swimmers improved in at least one of their events with countless best times across the board.

We are well on our way to reaching our goal of winning Gulf AG Champs.

Check out the [SwimSwam article](#) highlighting some FCST Gulf AG Champs performances!



**Best GAGs Performance  
in over a Decade!**

**2 Number One Ranked  
13-14 Boys Relays**



**12 Top-Ten Times**

**3 High Point  
Champions!**

**11 New Team Records**



## Monster Training

FCST's Annual Monster Training for our competitive swimmers started on 12/27 and concluded on 1/6. Swimmers in all groups, with the exception of White & Red Groups, must participate in 100% of their practices offered to receive a **special edition Monster Training T-shirt**.

***Congratulations to the 188 swimmers who earned a Monster Training T-shirt!***

Aaron Lu, Abby Linehan, Abel Kwan, Abigail Blackmon, Adalyn Wong, Adam Wang, Addison Yang, Aiden Nguyen, Alexander Tinajero, Alexis Wong, Alisa Charoenrattananuruk, Allie Anselmo, Allyson Wang, Alvin Zhang, Alyvia Wong, Amy Tran, Anabella Tinajero, Andrew Geng, Andrew Nguyen, Andrew Sun, Andrew Wu, Angela Shou, Angelina Brix, Anivia Shi, Ann Zheng, Anna Khvan, Anny Cao, Aradhya Sankar, Ari Cagas, Ari Hulbert, Ariana Truong, Ariela Wong, Arlet Castillo, Ashley Fuller, Athena Zhang, Aubrey Brooks, Audrey Wong, Austin Gann, Avery Frymoyer, Brady Hoang, Brandy Vuong, Brendan Kun, Brody Burson, Brooke Therildsen, Bryan Huang, Cameron Word, Charles Yuan, Charlie Wang, Chloe Balac-Davies, Chloe Thompson, Christian Garcia, Christopher Yuan, Claire Maddan, Cole Hotzel, Conner Prunty, Conor MacLean, Cooper Hutchens, Dania Shoukry, Dante Brix, Darian Doan, David Ramirez, Declan Kana, Donovan Doan, Dorcas Wu, Edward Fu, Easley Cordova, Elene Zhang, Elijah McCoy, Elise Cass, Elise Williford, Ellie Kidd, Ellie Zhang, Elyse Wong, Emily Pham, Emma Du, Emma Le, Eric Zhang, Erik Clowney, Erin Maddan, Erin Zhang, Estella White, Ethan Pham, Ethan Yang, Evan Pham, Evelyn Xu, Federico Balestrini, Freddie Cheng, Gina Lu, Gitika Singh, Grace Burson, Hadley Squires, Hai-Phong Nguyen, Haley Du, Hallie-Kate Squires, Henry Gonchar, Henry Quintanilla, Hriday Baxi, Hussein Abou El Azm, Ian Tan, Isaac Hulbert, Isaac Zhang, Ishi Bhusarapu, Jack Maddan, Jack Smith, Jacklyn Lee, Jase Prunty, Jason Yang, Jax Davies, Jayce Jaimungal, Jayde Jaimungal, Jennah Agha, Jett Tian, Joel Wisbrock, Jordan Ho, Jordan Nguyen, Juliana Nutzman, Kate Luico, Katherine Rounsavall, Kayla Jacob, Kenan Fidan, Kenny Tran, Kenny Zhou, Kerry Liu, Kevin Lui, Kk Leblanc, Landon Wu, Lauren Fuller, Lexie Smith, Liam Ho, Liam Luu, Lucas Wong, Luciana Shen, Lynna Lu, Mackenzie Chen, Maggie Gamboa, Mahika Baxi, Mason King, Matias Mandolesi, Matthew Kun, Matthew Le, Melia Cogill, Mia Bordt, Mia King, Micah Boit, Michael Li, Michaela Cogill, Molly Kate Maddan, Mourad ElSharkawy, Naina Kumar, Nathan Liu, Nelson Zhang, Neriah Ifidon, Oba Awolusi, Oliver Gonchar, Olivia Boit, Oris Mathew, Osher Mathew, Owen Stalnaker, Parker Nesmith, Parrie Charoenrattananuruk, Pearce Miller, Penny Gu, Prann Vimuktananda, Preslyn Farley, Punna Vimuktananda, Raunak Pandey, Reina Ng, Roman Shen, Roshni Pandey, Saanvi Malasamudra, Samantha Mathew, Santiago White, Sarah Karim, Sebastian Campolieto-Morales, Shelby Bigby, Sky Meng, Skylar Marie Li, Tatiana Cagas, Theodore Ho, Theresa Andrews, Tyler Slater, Umut Dalyan, Vedanth Mahadevan, Veer Gade, Wesley Yu, Winnie Liu, Wren Workman, Zachary Li

**Read more about [Monster Training 2024](#) & our [Holiday Training Philosophy](#)!**

# DECEMBER - 100% ATTENDANCE

## DEVELOPMENTAL

**Blue FC** - Sebastian Campolieto-Morales, Alexander Tinajero, Prann Vimuktananda

**Red A FC** - Aubrey Brooks, Ari Cagas, Donovan Doan, Iris Lau, Michael Li, Charlie Wang

**Red B FC** - Amara Ali, Albert Chen, Tongtong Meng, Vivasvaan Rao, Luciana Shen, Noe Unverzagt

**Red C FC** - Mihika Baxi, Tyler Li, Raunak Pandey, Roshni Pandey, Evelyn Xu

**White A FC** - Margaret Gamboa, Tai Le, Vedanth Mahadevan, Aiza Momin, Anika Prakash, Aradhya Sankar, Emery Shelton, Knox Vega

**White B FC** - Olivia Boit, Darian Doan, Mayan Mohamed, Venya Vijayagha

**White 7M** - Avery Fan

## AGE GROUP

**Age Group 1 FC** - Henry Gonchar, Jordan Ho, Jayce Jaimungal, Liam Luu, Conor MacLean, Oris Mathew, Anabella Tinajero, Elene Zhang

**Age Group 3 FC** - Elise Cass, Emma Le, Matthew Le

**Age Group 3 7M** - Mourad ElSharkawy

**Age Group 4 LMF** - Adriana Luico, Jett Tian, Alexis Wong

## AGE GROUP

**Senior 1** - Haley Du

**Senior Elite** - Winnie Liu, Jack Maddan

## DECEMBER - SWIMMERS OF THE MONTH

### Developmental

White A FC - Jayde Jaimungal

White B FC - Dorcas Wu

White 7M - Kane Garrett

Red A FC - Melia Cogill

Red B FC - Luciana Shen

Red C FC - Evelyn Xu

Red 7M - Declan Kana

Blue FC - Arlet Castillo & Sebastian Campolieto-Morales

Blue NT - Tri Le

& Jacklyn Lee

Blue 7M - Ellie Fan

### Age Group

AG1 FC - Easley Cordova  
& Micah Boit

AG1 7M - Savannah Peterson

AG2 FC - Ishi Bhusarapu

AG2 7M - Aaron Lopez

AG3 FC - Elyse Wong

& Jax Davies

AG3 7M - Kenzie Fondren

AG4 FC - Amy Tran

AG4 LMF - Jett Tian

PS1 - Edward Barb

PS2 FC - Osher Mathew

PS2 LMF - Harley Wootan

PS3 FC - Henry Quintanilla

PS3 LMF - Ellie Williford

### Senior

S1 - Elizabeth Johnson

S2 - Aiden Nguyen

S3 FC - Kastine Nguyen

S3 LMF - Jack Smith

SE - Kenny Zhou

## Swimmer Spotlight

### Lucas Wong

When he is not swimming, Lucas works to volunteer and give back to the community. Last year, he participated in the Houston Food Bank's Hunger Game.

"A few months ago, my classmates and I created a documentary video highlighting the Houston Food Bank. Our documentary was so successful that it won first place in the High School Documentary category and the Best Picture Award at the Fort Bend ISD Film Festival.

While making the documentary, I learned so much about Houston Food Bank's wonderful operations and programs and how they impact the greater Houston community. Additionally, the volunteers and staff at the Houston Food Bank were so kind to me and were a huge help with my documentary; therefore, I decided to participate in the "Hunger Game" to support Houston Food Bank's mission of providing food for better lives and in recognition of Hunger Action Month. By volunteering and fundraising, I raised 7,054 nutritious meals for our neighbors in our community and won 1st place in the Per Capita Award and 2nd place Overall."

Read more here: [Hunger Game 2024 Winners - Houston Food Bank](#)

To nominate a swimmer for our swimmer spotlight, email [coachmacy@swimfcst.com](mailto:coachmacy@swimfcst.com)



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