



# 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:](#)

- Dec. 21 – Jan. 4: Monster Training
- Dec. 23 – 26: No Practice
- Jan 9 – 12: Greater Southwest
- Jan 17 – 19: SSAN Winter Invite
- Jan 18: FCST Jan. Dev. Meet

### [News & Updates:](#)

- **Argo Swim Video Service** is a company that provides powerful visual feedback. They are coming to our team on Jan. 25 – [CLICK HERE](#) for more info!
- **And the Winners Are... (Fundraiser Summary)** – [CLICK HERE](#)
- **Coach Corner: *Trusting the Coach's Plan on Swim Events:*** – *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:
<b>Jan. 9 - 12: 38<sup>th</sup> Greater Southwest Invite @ Addison, TX</b>	Swimmers with 5 A times	Dec. 23 & 31	<b>Coming soon!</b>
<b>Jan. 17 - 19: 2020 SSAN Winter Invite @ Spring, TX</b>	Swimmers with less than 5 A times	Dec. 23 & 31	<b>Coming soon!</b>
<b>Jan. 18: FCST Jan. Dev. Meet Hosted by FCST @ Rosenberg, TX</b>	All White, Red, and Blue 1 Swim Groups	Jan. 1 & 8	<a href="#">CLICK HERE</a>

\*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.