



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:](#)

News & Updates:

- 2020 – 2021 FCST Competitive Team Registration – [CLICK HERE](#) for more info
- 2020 FCST Summer Virtual Swim Meet; July 23 – 24 – more info coming soon!
- FCST's Keely Rollinson Commits to swim for UofH class of 2025 – [CLICK HERE](#) for article
- Congratulations to the #FCSTSeniors 2020: Nathan, Bryan, Ismael, Allen, Isabella, Arianna! Check out our social media!
- Make sure to check out Coach Markell's Dryland Workouts on [Instagram!](#)
- **Virtual Training for Officials Offered this Month!** Training sessions for stroke and turn, chief judge, deck referee, and starters are being offered! Click [HERE](#) to sign up!
- **Schedule an evaluation for '20 – '21 Swim Season!** [CLICK HERE](#) for more info!

Upcoming Meet Information:

[CLICK HERE](#) for the FCST Competitive Suit Policy

Meet Webpage, Dates, & Location:	Athletes Eligible:	Prelim and Final Entry Deadline:	Volunteer Opportunities:
2020 FCST Summer Virtual Meet; July 23 – 24; Practice Locations	ALL	NA	Coming soon!

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](#)

*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

NA