



# 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

- July 19 – 21: Gulf Senior Champs
- July 20 – 21: Gulf Sprint Series Champs
- July 24 – 28: TAGS
- July 26 – 28: Gulf Summer Champs
- July 30 – Aug 3: Senior Zones
- Aug. 1 – 4: USA Futures

### News & Updates:

- **2019 – 2020 Team Registration** – For all returning families, registration begins June 1<sup>st</sup>! Remember all families must do this. Simply register for the current group.
- **Coach Corner – *On The Car Ride Home...*** – scroll down!
- **FCST Masters Swim Team – 2019 Summer Sizzler Summary** – **CLICK HERE**
- **2019 – 2020 Fall Practice Schedules** – **CLICK HERE**

### 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>July 19 – 21: Gulf Senior Champs @ Woodlands, TX</b>	3 or more 15-16 AA times to compete	<b>July 3 &amp; 10</b>	Coming soon!
<b>July 20 – 21: Gulf Sprint Series Champs @ Magnolia, TX</b>	Swimmers with 2 or less BB times	<b>June 19 &amp; 26</b>	Coming soon!
<b>July 24 – 28: TAGS @ Austin, TX</b>	14 and under qualified swimmers	<b>July 15 - FINAL</b>	Coming soon!
<b>July 26 – 28: Gulf Summer Champs HOSTED by FCST @ Don Cook</b>	12 & Under must have at least 3 BB times to attend; 14 & Under must have 2 or fewer Gulf AG Times to attend; 15 & Overs must	<b>ALL SUBMITTED</b>	Coming soon!

## Social Media

## 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

	have 2 or fewer 15 - 16 AA times to attend		
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\*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.

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## Coaches Corner

### **ON THE CAR RIDE HOME.....DEAR MOM AND DAD,**

Posted on 05/24/2014

If you really want your child to love their sport, feel good about themselves and have a good chance to go as far as possible, then one of your most important jobs besides loving them unconditionally is to NOT coach. And the one place where the most "coaching" happens is on the car ride home right after a competition. It's on the car ride home that kids are a captive audience, It's on the car ride home that everyone's emotions are running high, And it's on the car ride home that parents can't seem to contain themselves. They feel compelled to speak up, to be "helpful," to seize this "teaching moment," whether their child asks for it or not.

It's on the car ride home that kids end up feeling really badly about themselves. If they had a bad performance, not only are they already sad, frustrated and disappointed in themselves, they feel like they've let you down, which for most kids is a killer! When mom and dad express their own disappointment in the child's failure, when they point out everything that the child did wrong, why they did it wrong and what they need to work on to improve, then your son or daughter will feel that MUCH WORSE. On the car ride home is the time when your child needs to completely unplug, to leave the game behind them, to forget their mistakes and miscues and to work through their own sadness, frustration and disappointment. The VERY LAST THING that most kids want to do on the ride home is rehash the game with you. What most kids need on the car ride home is to feel the safety of your love, a love that has NOTHING to do with their performance.

What they might also need is your help in getting distracted from the game. They need to know that you are still there emotionally for them and they can exquisitely tell this by how you act, and not just by what you say. They need to know, by your behaviors, that this was JUST A GAME, that there will be plenty of others and it is, in the long run, totally unimportant. However, this does not mean that you actually say this to your child. Instead they need to feel that you have it in perspective. They need to feel your empathy and loving support. And sometimes all this amounts to is a smile and something really profound that you say to them like, "So how about pizza for supper?"