



# 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 12– 14: Gulf AG Champs
- 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:

- Please check your practice schedules for 4<sup>th</sup> of July and the last day of practice – [CLICK HERE](#)
- 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 – *Is Your Child Nervous or Afraid?* – scroll down!
- FCST Parent SwimSwamp Facebook Group – [CLICK HERE](#) to join!

### 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 12-14:</b> <b>Gulf AG Champs @ Cypress</b>	Qualified 14 and under swimmers	<b>June 19 &amp; 26</b>	Coming soon!
<b>July 19 – 21:</b> <b>Gulf Senior Champs @ Woodlands</b>	3 or more 15-16 AA times to compete	<b>July 3 &amp; 10</b>	Coming soon!
<b>July 20 – 21:</b> <b>Gulf Sprint Series Champs @ TBD</b>	Swimmers with 2 or less BB times	<b>June 19 &amp; 26</b>	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

## 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

is very beneficial to the athlete.

## Coaches Corner

### Is Your Child Just Nervous, or Very Afraid?

**Dear David,** we have a 11-year daughter who is starting to develop high anxiety before competitions, which is negatively affecting her performances. She's fine until a few days before competition and then anxiety starts taking over. What can we do to help? *Sport Mom*


**Dear Sport Mom,** let's make a distinction between two types of pre-event anxiety. First, when athletes are **nervous before competing**, it's completely normal and our response can be something like: "Those are the normal butterflies that all athletes feel; just get them to fly in formation and you'll be fine!" No need to make a big deal about it. It's normal, and even positive if the butterflies are viewed as a sign of readiness to compete.

However, there's a second kind of anxiety that can be debilitating instead of helpful. When athletes are experiencing high levels of **pressure to perform, their hard-earned skills can go "missing-in-action" just when they're needed**. Typically, this comes from a fear of losing, or a fear of letting someone down, like parents or coaches. The pressure of this "public expectation" – "I'm expected to win." – will take its toll and is neither healthy nor beneficial. The fear of failure can cripple performances and shorten careers. The creation of this pressure comes from well-meaning parents who attempt to inspire their children by saying things like, "Don't let me down today!" or "Be your very best out there." This is probably the most common mistake of sport parents today, no matter how much they love their children.

Response:

**Dear David,** after reading this, I think she has a little bit of both but I think I have added pressure to the situation. I tend to express the fact that the entire family is making sacrifices for her to train. My intention was only to have her understand how much we love her and I want her to be appreciative, but now I'm realizing I've created additional pressure for her. How can I repair this? *A Worried Sport Mom*

**Dear Worried Mom,** I understand your anxiety but all is not lost! We want our children to experience unconditional love from their parents. It is more often demonstrated through our total acceptance of them -- no matter how they perform -- than in what we **do or sacrifice** for them. It's important that the sport experience be a "no-strings-attached" gift we give, not an investment we make. It would be easy for a child to think a parent's sacrifices contain a subtle message of "We've done all this for you, so you better produce." That becomes a big burden for a child.



A more effective message might sound like, *“We’ve chosen to give you these opportunities, and the main thing is that we keep this sport fun, we share it together, and we’ll just see where this adventure takes us. Either way, think about all the cool things we’re going to learn together!”*

Make “learning” the goal, not winning. Every performance is an opportunity for learning new lessons, rather than proving that she’s holding up her end of a deal.

Praise her for her efforts, work ethic, and for working her way through obstacles. Victories and losses are just feedback – nothing more.

It’s obvious that your relationship with your daughter is very important to you. A humble apology to your child for parenting mistakes, misspoken words, or an inappropriate reaction goes along way. Our children are incredibly forgiving when they recognize genuine remorse for our parenting slips. The two of you are working through new territory. Keep learning together and keep it fun!