

SWIMFCST NEWS

Upcoming Events & Important Dates

Competitive

July 11-13 2025 Gulf LC Age Group Championship
July 11-13 2025 Gulf LC Senior Championship
July 16-20 LC Texas Age Group Championship
July 19-20 Gulf B & Under Championship
July 25-27 Gulf Summer Champs
July 29- Aug 2 ISCA Summer Senior Blast
July 30-Aug 3 USA Swimming Summer Junior Nationals

Masters

July 11-13 2025 South Central Zone Summer Championships -
San Antonio, TX
July 13 Open Water Swim Challenge - Grand Prairie, TX

Swim League/Lessons

Aug 2 - Summer Swim League ends

EVALUATIONS

FCST team evaluations have begun! Invite your friends who might be interested in joining First Colony Swim Team! Check the link below for dates, locations, and times. For any questions email evaluations@swimfcst.com

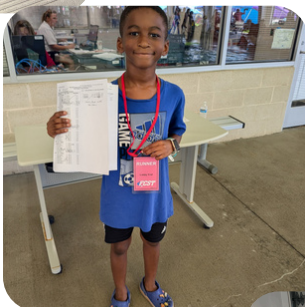
Click [Here](#) for the link to share.



SUMMER
SPLASH



TYPHOON
TEXAS



FCST
Family



FUN
IN THE SUN



FCST Giving Back

During the 2025 FCST Food Drive, FCST came together to make a meaningful impact. Athletes and families collected more than 550 pounds of food to support local families in need. Thank you to everyone who contributed to making this effort such a success!

The Food Bank Drive and volunteering event was entirely coordinated by our own swimmers Lucas Wong & Ethan Chen. Kudos to both for making an impact in our community and making FCST proud.

FCST had around 40 amazing volunteers join us for the Houston Food Bank's Pantry Select project. They helped inspect and sort food items from local supermarkets and stores to make sure everything met quality and safety standards. By the end of the shift, the volunteers had successfully packed 11 pallets weighing a total of 10,623 pounds — enough to provide 8,852 meals to our community. #BuildingExcellence



Parent Education

It is championship month!! All the early mornings, the hard work, the hot dryland workouts have all prepared each athlete for this moment. Mindset is so important going into each swim meet to help each athlete perform at his or her best. Mindset is also important for every parent to understand to stay relaxed and be the biggest support to your athlete. Every parent wants the best for their child, but sometimes you can get in the way of what is best for them before their big races and it was not on purpose! **Gold Medal Support** is a great video to watch that will help prepare you to maximize your athlete's success, and give you the tools to use now and in the future!



Captain Kids Triathlon September 7th, 2025

All the information you need to sign your child up for the Captain Triathlon is [here](#). When you register enter "First Colony Swim Team" to join our team!



Swimmer Spotlight:

Lauren Fuller, Winnie Liu & Erin Maddan

Congratulations to Lauren (Senior Rep), Winnie and Erin for being selected on the Gulf Athlete's Committee. We are so proud of the both of you! Thank you for your investment in the sport for swimmers of all ages!

To find out more about what it means to be an athlete representative and what experience each athlete is gaining, click the link to read more. [Athlete Representative](#)

Happy Birthday!

FCST JULY BIRTHDAYS

Competitive

Marlie Ho Youssef Youssef, Zoha Sanwarwala, Liam Frazier, Bryan Weber, Katie Fu, Emma Le, Martina Sanguinetti Reyes, Elyse Wong, Elene Zhang, Elijah McCoy, Sophia Malhotra, Athena Wang, Wren Workman, Melia Cogill, Chloe Gougler, Adaleigh Adams
Osher Mathew, Alexa Zachariades, Summer Stevens, Amy Tran, Molly Maddan, Jordan Nguyen, Chloe Carandang, Dorcas Wu, Donahue Williams, Xander Anarchy Cagas, Avery Fan, Jayde Jaimungal, Gavin Liu, Aiza Momin, Ryan Lee, Madeline Hoang
Theresa Andrews, Emily Ford

Masters

Yuri Alencar Marques, Nathalie Dulac, Mike Offner, Shawn Wallace, Megan Eichblatt
George Goff

Swim League

Vedant Singh, Jonathan Yaakovian, Catalina Baya Iriart, Piper Dees, Nigel-Lorenzo Green, Arnav Rasamsetty, Arjun Battula, Darien Vimadalal, Siddharth Meeniga

JUNE- 100% ATTENDANCE

DEVELOPMENTAL

Blue FC - Sebastian Campolieto-Morales, Grayson Choong, Melia Cogill, Liam Ho, Andrew Lam, Alexander Tinajero

Blue NT - Hansika Arjun, Ethan Yang, Alvin Zhang

Blue 7M- Luke Davis, Adalyn Wong, Ariela Wong

Red A 7M- Joel Wisbrock

White A 7M - Shayna Khodayari, Marcus Tran

AGE GROUP

Age Group 1 FC - Adam Aburas, Liam Choong, Henry Gonchar, Nathan Liu, Brandy Vuong

Age Group 1 7M- Grace Burson

Age Group 2 FC- Mia King

Age Group 3 FC - Jennah Agha, Alisa Charoenrattannaruk, Elysa Wong, Derek Yang

Age Group 4 FC - Easley Cordova, Parker Nesmith, Angela Shou, Anabella Tinajero, Xurui Yang, Elene Zhang, David Zuo

Age Group 4 LMF - Brody Burson, Lana Davis, Kate Luico

Pre Senior 2 FC- Erin Zhang

Pre Senior 2 LMF - Lyla Davis

Pre Senior 3 FC - Ashley Fuller

SENIOR

Senior 3 FC - Lauren Fuller

Senior Elite - Winnie Liu, Jack Maddan

**Commitment - Integrity - Passion/Team Spirit -
Teamwork - Performance - Sportsmanship**

Pool Locations

SWIMMERS OF THE MONTH

Developmental

White B FC - Knox Vega

White 7M - Marcus Tran

Red A FC - Izabella Tai

Red B FC- Katherine
Rounsavall

Red 7M - Joel Wisbrock

Blue FC - Amara Ali

Blue 7M - Adalyn Wong

Age Group

AG1 FC - Brandy Vuong

AG1 7M - Athena Z./ Isaac Z.

AG2 7M- Liam Frazier

AG2 FC - Maddie Patel

AG3 FC - Derek Yang

AG3 7M - Alyvia Wong

AG4 FC - Gracie Vu

AG4 LMF - Penny Gu

PS1 - Umut Dalyan

PS2 FC - Erin Zhang

PS2 LMF - Lyla Davis

PS3 FC - Molly Kate Maddan

PS3 LMF - Emerson Woods

Senior

S2 - Luke Shan

S3 FC - Adrian Yang

S3 LMF - Pearce Miller

SE - Micheal Wang



@SWIMFCST



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