



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 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 1st! Remember all families must do this. Simply register for the current group.
- **Coach Corner** – *What is the importance of taking a break/ resting the body? – scroll down!*
- **FCST Launches Champs Season Deep In Cypress – 6th in Combined!** – **CLICK HERE** for summary
- **Great job competing at Gulf Senior Champs and Sprint Series Champs!**

Upcoming Meet Information:

CLICK HERE for the FCST Competitive Suit Policy

Meet Webpage, Dates, & Location:	Athletes Eligible:	Prelim and Final Entry Deadline:	Volunteer Opportunities:
July 24 - 28: TAGS @ Austin, TX	14 and under qualified Swimmers	July 15 - FINAL	Coming soon!
July 26 - 28: Gulf Summer Champs HOSTED by FCST @ Don Cook	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 have 2 or fewer 15 - 16 AA times to attend	ALL SUBMITTED	CLICK HERE

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

July 30 – Aug 3: Senior Zones @ Tupelo, MS	Qualified 13 & Up Swimmers	Contact your Coach	NA
Aug 1 – 3: USA Futures @ Des Moines, IA	Qualified 13 & Up Swimmers	Contact your Coach	NA

*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

What is the importance of taking a break/ resting the body?

Here at First Colony Swim Team we create opportunity to merge passion and commitment with expertise resulting in the highest level of personal performance. At the same time, we are conscious and always planning for the long-term development of the student-athlete. As we head into the last half of our championship meets we, as coaches, would like to take the time and explain why it is important for your student-athlete to take a break away from the pool during the month of August. Taking a break is especially important in year-long sport such as, swimming due to the many hours of practice, long meet weekends, and constant focus on swimming technique.

- **Growth spurt:** Because the student-athletes are not swimming and instead are resting, their bodies can spend energy on growing. Instead of recovering for the next practice. In the past, we have seen many swimmers come back taller from the break.
- **Mental break:** Our swimmers spend a lot of mental energy on correct swimming technique and executing proper training. Therefore, it is important to take a mental break from competitive swimming so that the swimmers come back refreshed and excited for the upcoming season.
- **Adjusting to a new school grade:** The short course season starts after Labor Day weekend. Meaning student-athletes have the time to adjust to a new school or even a new grade without the added pressure of performing well at practice.
- **Rebuilding swimming strokes:** Due to the extended break, swimmers will lose, what we as coaches like to call, the "feeling of the water." It is important to lose that feeling during the break; it is like pressing a reset button on swimming technique. Allowing for the reset enables the team to (re)build proper stroke technique and implement productive swimming habits.
- **Experience something new:** Most importantly it is important to experience something different during the usual hours of practice. Go to a museum as a family, enjoy making and eating dinner as a family, allow for the swimmers to organize a game at the park, or any activity you have been wanting to do, but couldn't because of swim practice!

