



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:

- **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** – *The Importance of Hydration for Youth Athletes* – scroll down!
- **FCST Heats Up Against Competition** – 2019 Summer Splash Meet 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:
July 12-14: Gulf AG Champs @ Cypress	Qualified 14 and under swimmers	June 19 & 26	Coming soon!
July 19 – 21: Gulf Senior Champs @ Woodlands	3 or more 15-16 AA times to compete	July 3 & 10	Coming soon!
July 20 – 21: Gulf Sprint Series Champs @ TBD	Swimmers with 2 or less BB times	June 19 & 26	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

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

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

The Importance of Hydration for Youth Athletes

The importance of hydration for good health and properly functioning body systems cannot be overstated. As the warmer months approach and outdoor activities increase, special attention needs to be given to proper hydration and to the prevention of heat illnesses for all, but especially for young athletes.

Because the body cannot store water, we must constantly provide and supply it with water to maintain our body's many functioning systems. While water contains zero calories, it is considered a nutrient, comprising 55-70% of our body's composition.

Acting as a cooling agent for our body, water is also essential for all major bodily functions, to include:

- Maintaining the health and integrity of every cell in the body
- Aiding in blood circulation
- Carrying nutrients and oxygen to cells
- Helping to eliminate the byproducts of the body's metabolism
- Regulating body temperature through sweating
- Moisturizing the skin
- Lubricating and cushioning joints
- Aiding in digestion
- Helping convert food to energy
- Helping the body absorb nutrients
- Protecting and cushioning vital organs
- Removing waste

Contrary to popular belief, simply drinking water when you are thirsty is not good advice when it comes to properly hydrating the body. **When the thirst mechanism activates, it is usually a sign the body is already under hydrated (and possibly headed toward dehydration).** At this point, the body has to catch up to function properly.

How Much Water Is Enough?

So, how much water should young athletes drink? **The answer is - it depends.** Water intake is based on several variables, and even within that set, will vary according to the needs of the individual. General considerations of hydration might be based on the length of the activity, environmental conditions such as heat and humidity, the length and intensity of the practice or game, and additional gear the athlete may be wearing, such as football or hockey gear.

While considering some of the environmental factors of hydration, consideration must be given to the individual needs of the athlete, such as the weight and age of the athlete, the intensity level at which the athlete trains or plays, the current physical conditioning of the athlete, and the current hydration level of the athlete

How do they stay hydrated?

- Before activity- Drink 12 gulps of water
- During activity- Drink 10-12 gulps of water every 20 minutes
- After activity- Drink 20 gulps of water