



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

- June 21 – 23: FCST Summer Splash
- July 19 – 21: 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

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.
- **2019 Champions Clinic** - First Colony Swim Team is excited to offer our annual Champions Clinic for summer league swimmers! – [CLICK HERE](#)
- **Coach Corner** – *Trusting the Coach on Swim Events* – 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:
June 21-23: FCST Summer Splash HOSTED by FCST @ FBISD Training Pool	All FCST swim groups	May 17 & 29	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 is very beneficial to the athlete.

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

Coaches Corner

Trusting the Coach's Plan on Swim Events:

Here at First Colony Swim Team we create opportunity for swimmers by merging passion and commitment with expertise resulting in the highest level of personal performance. Those opportunities also include competing in a variety of swim events depending on the time of the swim season. With a season plan a Coach understands when their swimmers are prepared and ready to compete in swim events that are new, events that will not be done at a Championship meet, or the possibility of obtaining a time standard for a given swimmer. The swim events a Coach chooses for their swimmer is based on observation, the established curriculum, physical conditioning, and phase of the season. We invite you to support your Coach when meet entries are shared with the team. Of course, if you have any questions please do not hesitate contacting your Coach to better understand the reasoning. Here are some other reasons for why you should support your Coach's decision on swim events:

- Offering a different perspective: By competing in a variety of events throughout the season a swimmer can better race and compete in their Championship swim events at the end of the season.
- Trusting the Coach's plan: Along with a season training plan and an established team curriculum a Coach maps the timing and frequency of the swim events throughout the season depending on the team and individual goals.
- Coach's see the everyday progress: For example, due to the amount of time a Coach's observe their swimmer at practice they know when it is appropriate for an inexperienced swimmer to compete in an a new event such as, the 200 Butterfly.
- IMX and IMR programs: FCST prides itself on competing in all four strokes and the IM. The goal is to have scores for all eligible swimmers on the team in order to compete nationally with other well-rounded swim teams.