

# SWIMFCST NEWS

## Upcoming Events & Important Dates

### General

**June 23 - FCST Typhoon Texas Family Day**

### Competitive

**June 20-22 Summer Splash Invitational**

**June 27 & 28 Picture Day - Save the Date**

### 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

**June 3 – start of summer group classes**

**Aug 2 - Summer Swim League ends**



**Thank you to all our dads  
and all the father figures  
in our lives! Thank you  
for everything you do &  
for the support to your  
family.**



Owen Stalnaker 11/12 Boys  
LC 50, 100, 200 Back



Ellie Zhang 11/12 Girls  
LC 50 Breast



Elijah McCoy 11-12 Boys  
LC 50 Breast



## ANOTHER BROKEN RECORD!!

At the Master's Graham Johnson Invite on Sunday, June 1<sup>st</sup> our Master's team did an outstanding job!

Arjun Prakash swam his first meet with FCST & broke the following records in the 40-44 age group division!

1500 Freestyle and 200 Breaststroke

Lisa Ganguly swam her first master's meet in 8 years with FCST & broke the following records in the 50-54 age division.

200 freestyle, 400 freestyle, and 200 IM.





# FCST PICTURE DAY WITH STOP TIME PHOTOGRAPHY

\*for competitive groups only 10% of ALL PICTURE PACKAGE SALES BACK TO OUR SWIM TEAM\*

## Photo Dates & Locations

Friday, June 27<sup>th</sup> - First Colony Aquatic Center (Sugar Land)  
6:30-10:00 AM & 4:00-7:00 PM

Saturday, June 28<sup>th</sup> - Long Meadow Farms Pool (Richmond)  
6:30-10:00 AM

## [Pre-Register & Pre-Order Here](#)

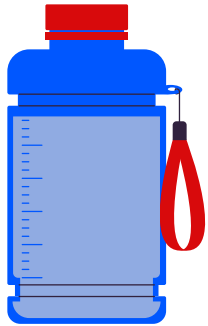
For more information and instructions on how to register please see the email in your inbox

## Parent & Swimmer Education

Summer is here and staying hydrated is so important for everyone to feel their best. It is very important to know the signs of dehydration to quickly take action: dizziness and headaches, poor attention and decision making, fatigue earlier than usual, muscle cramps, and vomiting.



### Hydrating Youth Athletes for Healthy Performance.



#### 1) When And How Much to Drink

- drinking 3-5 ounces of water for every 15-20 minutes of activity. One gulp is about 1 ounce!

#### 2) Encourage Your Athlete to Hydrate Long Before Practice Or Competition

- Hydration begins hours and days before exercise!
- Drink water with your meals!

## FCST Swim League Non-Competitive Program

Make a splash this summer with our awesome instructors! Share with your friends and make a splash together! Click the [link](#) for more information!





## Captain Kids Triathlon September 7<sup>th</sup>, 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!

Summer FCST team evaluations are starting up soon. 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](mailto:evaluations@swimfcst.com)

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

## Swimmer Spotlight: Arya & Mia Anand



Congratulations to Arya (Blue FC) and Mia's (Red FC) black belt test after almost 5 years of Taekwondo. Thanks to their swim practice endurance/strength, they were able to do 100 sit-ups ups, 100 kicks, and 100 pushups (with someone holding their legs), and many other physical challenges, like breaking boards and sparring/fighting.

# Happy Birthday!

## FCST JUNE BIRTHDAYS

### Competitive

Arlet Castillo, Isaac Zhang, Abigail Pennington, Mia Bordt, Noah Obanua, Matthew Le, Wanxin Gu, Xurui Yang, Jasmine Altmiller, Andrew Lam, Anny Cao, Isabella De Loera, Karina Wu, Jayden Xue, Estella White, Olivia Miranda, Valerie De Loera, Addison Blumenthal, Nelson Zhang, Owen Stalnaker, Blakely Skelton, Kaylee Zhou, Caroline Ge, Avery Fry, Nikit Saxena, Louis Roy, Cadence LeBlanc, Gideon Swan, William Gibson

### Masters

Lisa Kolluri, Giulia Hattan, Bradley Selke, David Endres, Brooke Cox

### Swim League

Chloe Chan, Luke Rios, Daniel Guerra, Sammy Aburas

# MAY- 100% ATTENDANCE

## DEVELOPMENTAL

**Blue FC** - Sebastian Campolieto-Morales, Ethan Chen, Grayson Choong, Liam Ho

**Blue NT** - Haniska Arjun, Ethan Yang, Alvin Zhang

**Red A FC** - Jayde Jaimungal, Tai Le, Nicole Liu, Vedanth Mahadevan, Reina Ng, Anika Prakash, Louis Roy, Aradhya Sankar, Anivia Shi, Ann Zheng, Kaylee Zhou

**Red A 7M**- Vianna Khodayari, Brian Manning, Conner Prunty, Scarlett Ruiz, Joel Wisbrock

**Red B FC** - Reyna Doctor, Oliver Gonchar, Naina Kumar, Tyler Li, Aiza Momin, Aizah Rahman, Anayah Rahman, Kasey Zhou

**Red C FC** - Raunak Pandey, Katherine Rounsavall, Emma Trisna, Evelyn Xu

**White A 7M** - Shayna Khodayari, Ashton Pyles

**White B FC**- Athena Wang

## AGE GROUP

**Age Group 1 FC** - Liam Choong, Nathan Liu, Claire Maddan

**Age Group 1 7M**- Grace Burson, Isaac Zhang

**Age Group 2 7M**- Liam Frazier, Aaron Lopez

**Age Group 3 FC** - Jennah Agha, Elise Cass

**Age Group 4 FC** - Shelby Bigby, Colin Carandang, Jayce Jaimungal, Sophia Malhotra, Grace Tan, Anabella Tinajero

**Age Group 4 LMF** - Chloe Balac-Davies, Brody Burson, Kate Luico, Kenzie Villarreal, Alexis Wong

**Pre Senior 2 LMF** - Lyla Davis, Marcela Douglas, Brandon Ho

**Pre Senior 3 FC** - Mackenzie Chen, Ashley Fuller, Molly Maddan

**Pre Senior 3 LMF**- Alexis DeVasier, Ellie Zhang

## SENIOR

**Senior 3 FC** - Anthony Newton, Aiden Nguyen

**Senior 3 LMF**- Pearce Miller

**Senior Elite** - Winnie Liu, Erin Maddan, Jack Maddan, Kenny Zhou

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

## Pool Locations

## SWIMMERS OF THE MONTH

### Developmental

White B FC - Darian Doan  
White 7M - Shayna Khodayari  
Red A FC - Reina Ng  
Red C FC - Carmelia Leung  
Red 7M - Connor Prunty  
Blue FC - Melia Coghill  
Blue 7M - Aaron Lu

### Age Group

AG1 FC - Paolo Fababaer  
AG1 7M - Grace Bruson  
AG2 7M- Liam Frazier  
AG2 FC - Jordan Luo/ Saarth Prasad  
AG3 FC - Andrew Sun  
AG3 7M - Alyvia Wong  
AG4 FC - Colin Carandang  
AG4 LMF - Kate Luico  
PS1 - Navya Kuma  
PS2 FC - Dania Shoukry  
PS2 LMF - Marcela Douglas  
PS3 FC - Ruchir Nithin  
PS3 LMF - Emily Fu

### Senior

S1 - Anay Kumar  
S3 FC - Scarlet Wright  
S3 LMF - Abi Frazier  
SE - Ethan Chen



@SWIMFCST



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