



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:

- Mar. 23: Long Course Season Starts

News & Updates:

- 2020 FCST Spring Schedules: FC, NT, 7M, & LMF – [CLICK HERE](#)
- FCST Senior Sectional Team Drops the Hammer in College Station – [CLICK HERE](#) for summary!
- “We live for seconds swims!” FCST places 4th with Quality Swims at Champs 3! – [CLICK HERE](#) for summary
- To TAGS and Beyond! FCST Places top 20 at TAGS! – [CLICK HERE](#) for summary
- Make sure to check our Instagram [@swimfcst](#) for dryland workouts!

Upcoming Meet Information:

[CLICK HERE](#) for the FCST Competitive Suit Policy

Meet Webpage, Dates, & Location:	Athletes Eligible:	Prelim and Final Entry Deadline:	Volunteer Opportunities:
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*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

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](#)