



TEAM NEWSLETTER



Office Hours: Mon-Thurs: 9:00 am - 5:00 pm; Fri: 9:00 am - 12:00 pm

Office Phone: (281) 969-8759

#FCSTFamily

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. 18: First day of Long Course
- Apr. 13: Gulf Sprint Series Meet
- Apr. 26 – 28: Long Course Dual Meet w/ SSAN
- May 4: FCST Developmental Meet
- May 17-19: May Gulf Open

News & Updates:

- Mar. 18 – First day of Long Course. Please check your group calendar. **CLICK HERE** for all calendars.
- Opt In Forms for Long Course can be found **HERE**. Please get them to your swimmer's coach ASAP.
- LOST & FOUND from Champs 2 is at the FCST Office.

Upcoming Meet Information:

CLICK HERE for the FCST Competitive Suit Policy

Meet Webpage, Dates, & Location:	Athletes Eligible:	Prelim and Final Entry Deadline:	Volunteer Opportunities:
Apr. 13: Gulf Sprint Series Meet - TBA	White and Red	TBA	Coming Soon!
Apr. 26-28: Long Course Dual Meet w/ SSAN @ Don Cook	Blue 1, Blue 2, Age Group, Pre-Senior, and Senior	TBA	Coming Soon!
May 4: FCST Developmental Meet @ Lamar Consolidated	White, Red, and swimmers that do not qualify for the Gulf Open Meet	TBA	Coming Soon!
May 17-19: May Gulf Open @ TBA	Qualified Swimmers (12 and unders w/ 3 or more 'B' times)	TBA	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

N/A