

# SWIM FCST NEWS

## CHAMPS Meet Recaps

**Our Competitive Team Swimmers started out the Championship season with 1st place finishes at both 12&U Champs and 13&O Champs!**

**At 12&U Champs, FCST had 8 high-point winners & over 50 swimmers who achieved TAGS, Bonus, and/or Gulf time standards this past weekend in nearly every event. This meet was an awesome way for our youngsters to finish out the short course season!**



**Our 13&O swimmers showed up just as equally at their championship meet. 153 of our athletes showed up to swim fast and have fun, swimming countless lifetime best times to achieving new time standards!**

**Our coaching staff is immensely proud of each and every one of our swimmers for the hard work and dedication they have displayed all season long, and we can't wait to see what else they accomplish in the LC season.**

## Upcoming Events & Important Dates

### General

Mar. 22, 29, and Apr. 5 - Triathlon Clinic

### Competitive

**Mar. 6-9 - Speedo Sectionals @ Justin, TX**

**Mar. 6-9 - TAGS @ Midland, TX**

**Apr. 11-13 - FCST April Invite @ Don Cook Natatorium**

### Masters

**Apr. 4-6 - USMS Southern Central Zone Championships**

**Apr. 13 - Lake Longhorn Open Water Round Up**

**Apr. 24-27 - USMS National @ San Antonio, TX**

### Swim League/Lessons

Mar. 17 - Start of Junior Swim League

Mar. 17 - Registration opens for Summer Group Lessons

Apr. 19 - Last Day of Winter/Spring Swim League



FCST will be hosting a 3-day Triathlon Clinic ahead of the Houston Kids Tri in April!

March 22, 29 and April 5  
9-under 1:00pm - 2:00pm  
10-older 2:30pm - 3:30pm

**More information on Page 4!**

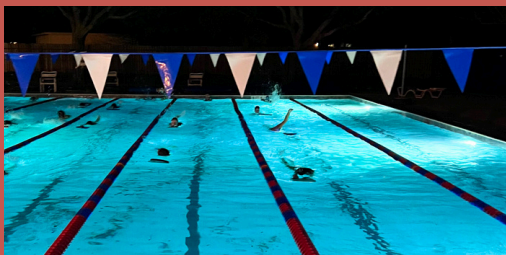
# Parent Education Article

## Spring Break: The Importance Of Rest & Recovery In Training.



Stress + Rest = Growth

Let's leave it that simple. Whether your child is on Spring Break or not right now, this week try to keep it that simple. Ask yourself the question when you're resting. Are you actually resting? We all get so busy from the hustle of going to school, practice, meets, and after school activities. This week allow for your body to reset. Remember that life is not all about the activities you do or the best times you make. Take time to have some fun this week, but remember to actually give yourself time to rest in the process. Keep it simple!



### SWIM LEAGUE

#### Winter/Spring 2025

Our Winter/Spring Swim Leaguers have been hard at work learning new skills and improving on old ones!

This past week, the swimmers completed a challenge kick set to help track their progress in the water, and they did a fantastic job.

Coach Lee and Coach Trevor are proud of our Swim Leaguers and are excited for the continued improvement they will see over the last few weeks of this session!

**Great Work, Swim League Swimmers!**



# Masters Swimmers Break 17 RECORDS!

Our Masters who competed at the 2025 Sweetheart Swim Meet had a phenomenal showing! In addition to 16 new team records, Coach Ben H., Coach Colin, and FCST Alumna, Delia & Alicia, broke a Masters NATIONAL Record in the 25+ Mixed 400 Medley Relay.

It is always fun to see our Masters swimmers compete, so we are looking forward to what they can accomplish at Masters Nationals in April!



## New Team Records!

### 25-29

Alicia Cardie

50 Back - 28.13

Delia Weber

50 Breast - 32.35

100 Fly - 59.38

Colin Crow

50 Fly - 26.42

### 30-34

Shawn Wallace

50 Fly - 27.69

### 40-44

Salma Aburas

50 Free - 29.91

50 Back - 32.27

### 45-49

Jessica Boysen

200 Free - 2:18.91

500 Free - 6:09.32

Buddy Boysen

50 Free - 24.25

50 Fly - 25.54

100 Fly - 57.16

### 85-89

Max Zollner

100 Back - 2:02.96

200 Back - 4:14.91

50 Breast - 1:09.15

200 Breast - 5:20.58



# Happy Birthday!

## FCST MARCH BIRTHDAYS

3/10 Coach Brooks ~ 3/16 Coach Myka

### Competitive

Toreolu Egbetola, Mila Dave, Aizah Rahman, Lucas Lau, Niharika Nithin, Nathan Chen, Alex Jiang, Edward Barb, Alisa Charoenrattanakul, Colin Carandang, Jasper Lau, Dexter Lacey, Emma Rohde, Grace Phipps, Andrew Geng, Bryan Huang, Alexis Gow, Kosine Huang, Ines Au, Lyla Davis, Gabriel Johnson, Kyle Du, Freddie Cheng, Matthew Kun, Evelyn Varnell, Samantha Mathew, Morgan Gaffney, Brian Manning, Joel Wisbrock, Jason Yang, Oliver Gonchar, Alessandro Balestrini, Navya Kumar, Grace Tan, Zachary Li, Sasha Gross, Jordan Luo, Addie Williford, Parrie Charoenrattanakul, Jase Prunty, Evan Pham, Ellie Fan, Juliana Nutzman, Andrew Nguyen

### Masters

Mike Engelking, Jean-Claude Dulac

### Swim League

Rachel Jiang, Aariv Chaudhary, Emma Mentari, Bhuvu Grover, Clara Allen, Bhakti Patel, Keira Wang, Sonali John, Valerie Reyes, Harper Hughey, Luke Yen, Blake Bedore, Henry Allen, Skylar Sok, Edison Merkley, Munachimso Onuoha

# FCST Triathlon Clinic

March 22, 29, and April 5

Our 3-day Tri Clinic will be run in two sessions on each day:

9-under 1:00pm - 2:00pm

10-older 2:30pm - 3:30pm

The clinic will focus on a single discipline and transition each day with a review of the clinic at the end of the final day:

March 22 - Colony Grant 6 pool (Swim / Bike)

March 29 - Brazos River Park (Bike / Run)

April 5 - Brazos River Park (Run / Review)

[Questions can be emailed to coachlee@swimfcst.com](mailto:coachlee@swimfcst.com) - We hope to see you there!



**Cost for the entire clinic - \$75**  
**Cost for each individual day - \$30**

## FEBRUARY - 100% ATTENDANCE

### DEVELOPMENTAL

**Blue FC** - Sebastian Campolieto-Morales, Ethan Chen, Liam Ho, Skylar Marie Li, Alexander Tinajero, Wesley Yu

**Blue NT** - Ethan Yang

**Blue 7M** - Anny Cao, Adalyn Wong, Ariela Wong, Ethan Xia

**Red A FC** - Arya Anand, Mia Anand, Melia Cogil, Michael Li, Anivia Shi

**Red B FC** - Albert Chen, Alex Huang, Emily Pham, Ray Zhang

**Red C FC** - Emma Trisna, Evelyn Xu

**Red 7M** - Anna Khvan

**White A FC** - Tai Le, Nicole Liu, Louis Roy, Emery Shelton

**White B FC** - Darian Doan, Venya Vijayagha

### AGE GROUP

**Age Group 1 FC** - Colin Carandang, Liam Choong, Easley Cordova, Henry Gonchar, Anandra Halim, Jordan Ho, Jayce Jaimungal, Liam Luu, Conor MacLean, Anabella Tinajero, Lawrence Wang, Audrey Wong, Sienna Xu, Elene Zhang

**Age Group 2 FC** - Ziheng Hong, Charlotte Shelton

**Age Group 3 FC** - Kingsley Tran, Elyse Wong

**Age Group 3 7M** - Alyvia Wong

**Age Group 4 FC** - Shelby Bigby, Samantha Mathew, Parker Nesmith, Brighton Pan, Carlin Pan, Owen Stalnaker, Amy Tran, Sydney Wey, Dylan Wright, Xurui Yang, Erin Zhang, Helen Zhang, Nelson Zhang, Yiwon Zhang

**Age Group 4 LMF** - Jett Tian

**Pre Senior 3 FC** - Ashley Fuller, Christian Garcia, Molly Kate Maddan, Andrew Nguyen

### SENIOR

**Senior 2 NT** - Aiden Nguyen

**Senior Elite** - Lucas Wong

## SWIMMERS OF THE MONTH

### Developmental

White A FC - Maggie Gamboa

White B FC - Darian Doan

White 7M - Avery Fan

Red A FC - Tanvi Joshi

Red B FC - Ray Zhang

Red C FC - Theo Olfindo

Red 7M - Anna Khvan

Blue FC - Ethan Chen & Sasha Gross

Blue NT - Andrew Zhang & Damla Hasanbasoglu

Blue 7M - Emma Lopez-Galindo & Chloe Gougler

### Age Group

AG1 FC - Lawrence Wang

AG1 7M - Athena Zhang & Kenzie Villarreal

AG2 FC - Leah Martinez & Rustin Squires

AG2 7M - Liam Frazier

AG3 FC - Jennah Agha

AG3 7M - Alyvia Wong & Camille Crawford

AG4 FC - Samantha Mathew

AG4 LMF - Landon Wu

PS1 - Raina Joshi & Gary Hu

PS2 FC - Aaron Wey

PS2 LMF - Lexy Leyer

PS3 FC - Brady Hoang

PS3 LMF - Abi Frazier

### Senior

S1 - Haley Du & Alejandro Frontera

S2 - Emilee McCann

S3 FC - Scarlet Wright

S3 LMF - Jack Smith

SE - Michael Wang



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