



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:

- Apr. 4: Long Course Season Starts

News & Updates:

To the First Colony Swim Team Family,

I am writing this email to give you the most up-to-date plans for the immediate future of the First Colony Swim Team. I met with the Board of Directors via a conference call and we have decided that we will postpone the start of the 2020 Long Course Season until April 4th for all competitive, non-competitive, masters, and learn to swim groups. This decision was based upon the executive order from Governor Abbot limiting the size and type of gatherings, but also to ensure the safety of our families and our staff.

Although there will be strict limits on the number of swimmers that will be able to participate at each practice, FCST is well positioned with lane space to give our team the opportunity to practice as soon as we start back. The schedule will utilize the majority of our facilities and practices will run throughout the day. We will send the updated schedule next week.

FCST is well positioned with lane space, due to the long-term planning and investments the team has made over the past 30 years. These investments will now pay off huge dividends as we look to the future of the program. These investments were possible, because of the commitment of our families to provide the very best team to help their children develop into the incredible young adults. I am asking for our families to keep that commitment by allowing the team to move forward without adjusting fee's for missed practice in March. Both myself and the Board of Directors believe that this will be the first step to help FCST remain the very best team in GULF Swimming. Additionally, this step will allow the team to keep it's coaching and support staff intact so that our swimmers will receive the same great coaching and leadership once we return on April 4th. We will continue to bill our families at their regular rate for the remainder of the long course season. We will closely monitor for any additional changes to rules and laws in Texas and will make any billing adjustments if needed.

Please note that any FCST family that is enduring financial hardship should contact the FCST Office to apply for our scholarship program. The team will always be there to support our families in times of need.

Our coaching staff will continue to stay in contact with the team with weekly updates and information for swimmers to stay focused while away from the pool. Please make sure to look out for Coach Markell's daily dryland workouts and videos. Those workouts are voluntary, but can be utilized by both our swimmers and their parents!

Both myself and the Board of Director's sincerely appreciate your continued support of our team, our FCST Family. Be well and be safe.

See you on deck soon. GO FCST! - Coach Pete

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 \[socialmedia@swimfcst.com\]\(mailto:socialmedia@swimfcst.com\)](#)

- 2020 Long Course Opt-in Forms – [CLICK HERE](#) for more info. Due April 6th
- Make sure to check out Coach Markell's Dryland Workouts on [Instagram!](#)

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

NA