



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. 5 – 8: TAGS
- Mar. 7 – 15: No Practice
- Mar. 16: Long Course Season Starts

News & Updates:

- Great job to our Senior and Pre-Senior that competed in Sectionals and Champs III! Summary coming soon!
- FCST Breaks Through The Competition in Pearland; 1st in Combined! [CLICK HERE](#) for summary
- KICK off the 2020 Long Course season with your FCST Family and the Houston Dynamo! – RSVP by Mar. 2nd; [CLICK HERE](#) for more info!
- 2020 FCST Summer League 101 – [CLICK HERE](#) for more info
- Coach Corner: *FCST Summer League Philosophy* – scroll down

Upcoming Meet Information:

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

Meet Webpage, Dates, & Location:	Athletes Eligible:	Prelim and Final Entry Deadline:	Volunteer Opportunities:
Mar.5 – Mar. 8: TAGS @ Lewisville, TX	Qualified 14 & under swimmers	Feb. 19 & 26	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 \[socialmedia@swimfcst.com\]\(mailto:socialmedia@swimfcst.com\)](#)

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

FCST Summer League Philosophy

Summer league is a fun introduction to competitive swimming in the form of a summertime activity. The next step for those interested in pursuing the sport further is year-round swimming. Traits such as leadership, self-confidence, goal setting, organization, and more are integrated into the daily practice sessions of a year-round swimmer. Coaches are nationally certified and continually educated to help all swimmers reach their goals.

Once a swimmer reaches the Age Group 1 level and higher, fun takes on a new meaning as swimmers create tight bonds with their teammates, group, and coaches. An important part of the development process is that they experience long course swimming (Spring and Summertime). The year-round swimmer trains for the long term, with progressively more advanced skills and fitness level achievement. Hard work becomes a source of pride. Going back to summer league for the more advanced swimmer may result in a loss of fitness, technique, and continuity of progression.

There are many intrinsic rewards to year-round swimming as well. Swimmers learn to enjoy the success of accomplishing a hard set or making an interval they never have before; they develop confidence for the level of competition they will be facing at meets; they prepare for races of various distances that will carry them through their long-term swimming goals. Those swimmers who continue with FCST in the spring and summer often make huge gains in skills and fitness (particularly during the summer when school is out) and will be able to make a much smoother transition to higher level groups.

Swimmers in Age Group 1 and above are strongly encouraged to train and compete with FCST through the summer season. Swimmers below the Age Group 1 level should consult with their coaches for the best course of action