



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. 7 – 10: TAGS
 - Mar. 16: Long Course Kick-off at Dynamo Game
 - Mar. 8: Last practice before Spring Break
- Mar. 18: First day of Long Course
- Apr. 26 – 28: Long Course Dual Meet w/ SSAN

News & Updates:

- Thank you for a great weekend of racing in College Station (Sectionals) and Don Cook (Champs III)!
- FCST Sweeps the Competition at Champs 2 in the Woodlands! – **CLICK HERE** for summary
- Mar. 8 – last day of practice before Spring Break; Mar. 9 – 17 – NO PRACTICE; Mar. 18 – First day of Long Course
- Scroll down for the Coach Corner: *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:
TAGS. Mar. 7 - 10. Woodlands, 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 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

LOST & FOUND from Champs 2 is at the FCST Office.

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