



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

- May 17 – 19: TWST Long Course Invite
- June 1: FCST Duck Classic Meet
- June 21 – 23: FCST Summer Splash
- July 19 – 21: Gulf AG Champs
- July 19 – 21: Gulf Senior Champs
- July 20 – 21: Gulf Sprint Series Champs

News & Updates:

- **Swim Video Opportunity!** - Argo Swim Video Service is a company that provides powerful visual feedback through a portable ASV system. – **CLICK HERE**
- **May TWST Invite – PARENTS MAKE SURE TO WHERE AN FCST SHIRT ALL WEEKEND AT THE MEET, WE WANT TO BRING THE ENERGY!**
- **2019 FCST Team Banquet: Photos from the banquet are on the FCST Facebook page!**
- **Coach Corner – What is the IMX/ IMR program? – 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:
May 17-19: TWST LC Invite @ Woodlands	Blue 1 & 2; AG1, 2, & 3; Pre1, 2, & 3; Senior 1, 2, & Elite	Apr. 17 & 24	Coming soon!
June 1: 3rd Annual FCST Duck Classic @ Aquatic Center	White, Red, and Blue 1 & 2 swimmers	May 22 & 29	N/A
June 21-23: FCST Summer Splash HOSTED by FCST @ FBISD Training Pool	All FCST swim groups	May 17 & 29	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

Coaches Corner

What is the IMX/ IMR program?

A key part of the FCST team philosophy is Individual Medley (IM) training. This means that for every level of the team, Developmental through Senior, we train the swimmers in all four competitive strokes. There are many benefits to having the swimmers train four strokes, especially at the Developmental and Age Group level. Swimmers should not be specializing in just one stroke.

Swimmers will often have a favorite stroke and one that they are faster in. However, we as a staff want the swimmers to embrace all forms of competition in a variety of events. As swimmers get older, stronger, and develop a better feel for the water that stroke can change over time. FCST believes in developing a foundation for every swimmer to be as successful as possible as they progress into the Senior program and Senior level swimming.

As a parent you may have heard your coaches talk about IMX or IM Ready depending on which group they are in. This is a program that USA Swimming put into place to help swimmers and or coaches track times against swimmers on their Club, LSC, Zone and across the country. With First Colony Swim Team being an IM Based Philosophy Team this is something that we really take a lot of pride in.

The coaches try to make sure that every swimmer is competing in the IMX or IMR events throughout the season. Once the swimmer has competed in all of the events they receive an IMX or IMR score that you can find in your swimmers Deck Pass through USA Swimming. The events are different for each age group so that it is all age appropriate. See the events below that your swimmer need to compete in.

IM Ready (IMR)

9 and unders; 10 year olds – 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

11 year olds; 12 year olds – 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

13, 14, 15, 16, 17 and 18 year olds – 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

IM Xtreme (IMX)

9 and unders; 10 year olds – 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11 year olds; 12 year olds – 400 Free (LC), 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM

13, 14, 15, 16, 17 and 18 year olds – 400 Free (LC), 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

With FCST competing in the LC season throughout the last few months many swimmers have received an IMX and/or an IMR Score based on the events that they have swam. For more information on the USA Swimming website – **CLICK HERE**