

# SWIM FCST NEWS

## FCST Family Giving Back

First Colony Swim Team is honored to support such an important community member through our donation to their aquatics program. Thank you to Tom and Judy from the Richmond State Supported Living Center for coming out to our SE & SR3 practice last month. #BuildingExcellence



## Upcoming Events & Important Dates

### General

**June 6 - FCST Space Cowboys Night**

**June 23 - FCST Typhoon Texas Family Day**

### Competitive

**May 16-18 FLEET Summer Classic**

**May 17-18 KATY/PACE Invite**

**June 2- July 31 Summer Schedule Starts**

**June 20-22 Summer Splash Invitational**

### Masters

**June 1<sup>st</sup> 2025 Graham Johnston Invitational @ Houston, TX**

### Swim League/Lessons [CLICK HERE](#)

May 6 - Summer Swim League begins (no practice on July 4th)

Aug 2 - Summer Swim League ends



Thank you to all our moms for all that you do! We hope that this Mother's Day you feel extra special! You are loved!



Join us at the ballpark for a fun family night! Tickets can be purchased here:

**First Colony Swim Team**

Deadline to purchase tickets is May 30th



Wednesday, May 21, 2025

Wear your FCST shirt to school! Take a picture and tag us on instagram #FCSTPROUD. Also email pictures to Coach Danielle, Coach Lillian, or Coach Myka.



Come out for our annual FCST Typhoon Texas Family Day! Join us on Monday June 23th! Swimmers from all groups, family, friends... everyone is invited! Hope to see you there! **Click Here To Register.** Register and make payments by June 5th.



## When the Joy Fades: How to Help Your Child Through Sports Burnout

In today's high-pressure sports culture, where kids train like mini-pros before they even hit puberty, burnout is no longer rare. It's happening younger, faster, and more often than ever before. Burnout doesn't always show up with flashing lights. It sneaks in quietly—through lost excitement, growing resentment, or a nagging sense of "I have to" instead of "I want to."

If you're noticing signs your child is losing their love for the game, you're not alone—and there are steps you can take to help.

1. **Pause the Push.** When our kids start pulling away, our instinct is often to push harder. Instead pause. Give them room to breath. Create space where they feel safe enough to be honest with you, without judgment or guilt.
2. **Listen Without an Agenda.** When you ask how they're feeling about their sport, truly listen. Resist the urge to fix, convince, or persuade.
3. **Normalize the Need for Breaks.** Imagine if you never took a vacation from your job. Kids, especially high-achievers, often feel like they're not allowed to step away, even if they need too. Normalize rest and recovery. Celebrate mental and physical breaks the same way we celebrate hard work.
4. **Widen Their World.** When a child's identity gets tangled up in one sport, one team, one goal—burnout hits harder. Help them see that they are so much more than their athletic performance.
5. **Adjust Expectations** (Yours and Theirs). Check in with yourself: "Am I tied to a specific outcome for them?", "Do I get more invested in their success than they do?". Sometimes even unspoken expectations can weigh heavily on a young athlete.
6. **Reframe Success:** Success can be 1) Showing up when it's hard, 2) trying something new, 3) being a good teammate, 4) learning resilience after a tough loss

### Master's Welcome Lead Coach Justin



**Congratulations Coach Justin! The Master's program is excited to have you lead the way to excellence!**



Congrats to our 13 Masters swimmers who competed at the 2025 USMS Spring Nationals in San Antonio, TX this weekend!!!



These FCST swimmers achieved 21 individual Top Ten times, including 2 National Championship swims by Max Zollner in the 100 & 200 Back!



17 team records were broken as a result of the weekend's FAST swimming! Great work, Masters Swimmers

## **Congratulations Coach Jerome!!**

### **FCST Director of Non-Competitive Programming**

Coach Jerome brings nearly two decades of experience as an educator and coach at Kempner High School, where he made an indelible mark both in the classroom and on the pool deck. He is a multi-time Coach of the Year at the district, regional, and state level and is known for his passion, innovation, and dedication to athlete development.

Coach Jerome will work with Coach Trevor to lead and further develop our Swim League and Lessons programs. We are excited to see how he builds upon the tradition of excellence Coach Lee has established



## **Swimmer Spotlight: Willa Kline**

### **Blue Seven Meadows**

Willa had an amazing trip to Arlington for her Destination Imagination (DI) competition. Her team won 2nd place at regionals back in February which allowed them to advance to the state competition in Arlington, TX. They gained valuable experience, learned from other teams, and had a great time working together.



Destination Imagination (DI) is a global, project-based educational program that encourages students to develop creativity, teamwork, and problem-solving skills. Teams of students work together to tackle open-ended challenges in areas such as engineering, science, fine arts, improvisation, and service learning. It's not just about competition; it's about learning how to work as a team, think outside the box, and adapt to challenges

# Happy Birthday!

## **FCST MAY BIRTHDAYS**

**5/31 Coach Susan**

### **Competitive**

Claire Maddan, Madelyn Patel, Celina Lu, Kennedy Criswell, Madeleine Gaffney, Charlotte Shelton, Safia Gurji, Lydia Werth, Conor MacLean, Matt Tran, Aditya Dardige, Oris Mathew, Kevin Liu, Elise Cass, Kenzie Villarreal, Ariana Truong, Emma Manning, Damla Hasanbasoglu, Addison Yang, Adalyn Wong, Michael Li, Bowen Chen, Taylan Le, Brooke Therikildsen, Angelina Brix, Marcela Douglas, Joseph Wootan, Harper Gor, Ria Advani. Dylan Wright, Austin Gann, Qingcheng Tian, Brighton Pan, Carlin Pan, Izabella Tai, Vedanth Mahadevan, Alexander He, Abigail Frazier, Holly Finley, Timothy Tran, Ethan Zwahr, Darian Doan

### **Masters**

Nichole Kutra, Krista Hensel, Albert Hollan, Uri Toudjarov

### **Swim League**

Adhrit Aggarwal, Omkar Rao, Emmie Wong, Ojas Pendse, Shaan Pathikonda, Roger Yan, Allison Sinosis, Alyssa Jiang, Aarav Shah, Jasmine HO, Nicholas Ngo, Declan Wheeler

# APRIL - 100% ATTENDANCE

## DEVELOPMENTAL

**Blue FC** - Amara Ali, Ethan Chen, Grayson Choong, Melia Coghill, Liam Ho, Alexander Tinajero, Wesley Wu

**Blue NT** - Tri Le, Alvin Zhang

**Blue 7M** - Anny Cao

**Red A FC** - Xandar Anarchy Cagas, Donovan Doan, Jayde Jaimungal, Mason King, Iris Lua, Tai Le, Nicole Liu, Reina Ng, Anika Prakash, Louis Roy, Nikit Saxena, Emery Shelton, Anivia Shi, Izabella Tai, Charlie Wang, Dorcas Wu, Ann Zheng, Kaylee Zhou

**Red A 7M** - Connor Prunty

**Red B FC** - Albert Chen, Oliver Gonchar, Alex Huang, Naina Kumar, Tyler Li, Aiza Momin, Neil Phansalkar, Vivasvaan Rao, Lucianna Shen, Roman Shen, Kasey Zhou

**Red C FC** - Mihika Baxi, Raunak Pandey, Roshni Pandey, Emma Trisna, Evelyn Xu

**White A FC** - Chloe Yuan

**White A 7M** - Toshani Pandey

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

## AGE GROUP

**Age Group 1 FC** - Adam Aburas, Liam Choong, Nathan Lui, Lawrence Wang

**Age Group 1 7M** - Grace Burson, Christopher Yuan

**Age Group 2 FC** - Syed Ali, Mia Bordt

**Age Group 3 FC** - Jennah Agha, Elise Cass

**Age Group 3 7M** - Matt Tran

**Age Group 4 FC** - Easley Cordova, Jordan Ho, Elijah McCoy, Parker Nesmith, Anabella Tinajero, Elene Zhang

**Age Group 4 LMF** - Chloe Balac-Davies, Brody Burson, Juliet Horowitz, Ariana Truong, Alexis Wong

**Pre Senior 2 LMF** - Marcela Douglas

**Pre Senior 3 FC** - Chloe Carandang, Mackenzie Chen, Ashley Fuller, Joshua Miao, Ruchier Nithin

## SENIOR

**Senior 3 FC** - Lauren Fuller, Aiden Nguyen

**Senior 3 LMF** - Pearce Miller

**Senior Elite** - Ethan Chen, Winnie Liu, Gideon Swan, Kenny Zhou

## Pool Locations

## SWIMMERS OF THE MONTH

### Developmental

White B FC - Knox Vega

White 7M - Toshani Pandey

Red A FC - Donovan Doan

Red B FC - Reyna Doctor

Red C FC - Mihika Baxi

Red 7M - Genevieve Zeringue

Blue FC - Prann Vimuktananda

Blue NT - Hansika Arjun

Blue 7M - Ariela Wong

### Age Group

AG1 FC - Nathan Liu

AG1 7M - Grace Burson

AG2 FC - Jayden Mguyen

AG2 7M - Liam Frazier

AG3 FC - Leah Martinez

AG3 7M - Mourad ElSharkawy

AG4 FC - Jordan Ho

AG4 LMF - Alexis Wong

PS1 - Thomas Zhang

PS2 FC - Hussein Abou El Azm

PS2 LMF - Lexy Myer

PS3 FC - Mackenzie Chen

PS3 LMF - Emerson Woods

### Senior

S1 - Emma Bega

S2 - Ahmed ElSharkawy

S3 FC - Colton Li

S3 LMF - Pearce Miller

SE - Theo Ho

**Commitment - Integrity - Passion/Team Spirit -  
Teamwork - Performance - Sportsmanship**



@SWIMFCST



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