



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

- 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** – Thank you everyone for a fantastic meet, meet summary coming soon!
- **FCST Learn To Swim:** If you have younger children that need to learn to swim check out our website – [CLICK HERE](#)
- **Coach Corner** – *Three Lies that Create Misery for Your Young Athlete* – 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:
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 permission. This is not the most ideal way to enter a meet, having schedules planned ahead of time

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

is very beneficial to the athlete.

Coaches Corner

Three Lies that Create Misery for Your Young Athlete

By: David Benzel

We hate to see our children suffer emotionally. It goes straight to our heart. When we're objective about it, we admit that emotional struggles actually make our children stronger, and that we should not attempt to guard them from every emotional challenge. However, our young athletes need not endure some misery. The only reason they are tormented is because they believe three lies. Here they are, and the corresponding truths that you can share with your child to create a healthier and happier world view.

Lie #1: "I must be perfect"

This lie is based on a fear that anything less than perfect is unacceptable, and will cause a person to be labeled a failure. It ignores a fundamental truth: excellence has historically been achieved by those who embrace their mistakes as a welcomed pathway. "Thank you for another lesson today" is a more effective approach to SuperStar status in any sport than "I stink again today."

Lie #2: "I am only as good as I do"

In our performance driven society, it's common for kids to believe their value is directly linked to every grade, batting average, or ranking. But this lie creates a self-worth rollercoaster since student athletes are never capable of being the best at everything, or being the best every day. The answer is in doing the best we can on any given day, knowing that our true value is not tied to what we do, but who we are...and that your value was inherently placed in you at birth, and you must decide how to use your gifts.

Lie #3: "Life should be fair"

There's plenty of evidence in sports (and life) that things aren't fair. Bad things happen to good people and visa-versa. The problem is that believing this lie puts a child into a resentful state of mind that dwells on the injustice of a past event - something that is over and done. Reliving those unfair moments keep an athlete from enjoying and capitalizing on the present moments/opportunities. To avoid paying for unfairness over and over, our children must learn to let go of unfairness and move on, keeping the past separate from the present.