

SWIMFCST NEWS

USA Swimming Membership Renewal

Competitive Team Parents,

If your swimmer is a returning member from the 2023 – 2024 swim season, their USA Swimming Membership will expire on December 31, 2024. You should have received an email from me yesterday, November 7, 2024, with information on renewing your FCST Competitive Swimmer's USA Swimming registration.

(This **does not include swimmers new to USA Swimming** who just joined FCST for the 2024 – 2025 season. Your membership is good through December 31, 2025.)

You will need to login into your [USA Swimming Account](#) to renew your swimmer's membership. It is a Premium Membership, and the cost is \$100.00 per swimmer. **It is mandatory for all competitive team swimmers to be registered with USA Swimming.**

It is extremely important not to wait until the last minute as there are over 100,000 USA members whose current membership expires at the same time. We don't want to crash the system or have any delays with your membership. If this is not done by December 31, 2024, your swimmer will not be allowed to participate in practice or swim meets. No credit will be given for Monthly Dues if you do not renew your USA Membership in time. If memberships are not renewed in time, it could affect any swim meets entries for January participation. If you have any questions, please do not hesitate to ask!

Sincerely,

Hillary Martinez

Competitive Team Administrator

fcstadmin@swimfcst.com



Swimmer Spotlight



Krish Advani

Group- Senior Elite

cont. on pg. 4

Upcoming Events & Important Dates

Nov. 18 - Holiday Sweatshirt Design Contest - Submission Deadline
(see pg. 2)

Competitive

Nov. 8-10 - FCST/FLEET/TWST Tri Meet @ Training Pool

Nov. 9-10 - Sharks Nov. Invite @ Friendswood HS

Thanksgiving Practice Schedules

Dec. 5-8 - Southern Sr. Champs @ CISC Natatorium

Dec. 6-8 - Gulf AG Champs @ TAMU Natatorium

Masters

Nov. 9-10 - November Classic (SCM) @ Conroe ISD Natatorium

Swim League

Nov. 16 - Fall session ends

Nov. 19 - Registration Opens for Winter/Spring session
(returning swimmers)

Nov. 20 - Registration Opens for Winter/Spring session
(non-returning swimmers)

**Congratulations to the following swimmers for breaking team records
in the first 2 months of the season!**

All competitive team records are updated [here!](#)



Adam Aburas

8&U - 50 Back - 36.34



Ethan Valerio

13-14 - 200 Back - 1:55.33

13-14 - 200 Fly - 1:56.38

13-14 - 200 IM - 1:54.63



Isaac Zhang

8&U - 25 Breast - 18.77

SWIM LEAGUE - Winter/Spring Session

Information for our Winter/Spring Swim League session is now on the team website!

Registration will open on 11/19 for returning swimmers and 11/20 for non-returning swimmers.

Swim League 1, 2, & 3 will begin on 1/13.

Junior Swim League will begin 3/17.

Session will run through 4/19.

Holiday Sweatshirt Design Contest!

Attention all swimmers!

This Holiday Season, FCST will be offering two Holiday Sweatshirts for purchase; one designed by one of you!

To submit a design for the coaches to vote on, please email gm@swimfcst.com

Submissions must be standard 8.5x11 **PDF** and must be submitted no later than 11/18.

The Winner will be announced 11/20 & will receive a free sweatshirt with their design!

Email Delia with any questions.



Parent Education Article

5 Tips to a Better Balance Between School & Sports

How does your house sound during a season of school and sports? For some it is stressful while others seem like they have all of it together. How is it possible to do it all? 5 simple tips can help you start. An easy way to remember these 5 tips is the word G.R.A.C.E. and don't forget to give yourself a little bit as well!

G is for Game Plan

R is for Recognize and Reward

A is for Allow

C is for Communicate

E is for Equip

Click [HERE](#) for more on this article.



Xtreme Swim has set up an online store specifically for FCST!
Set up an account, log-in, and enter the team code "FCST"
to purchase equipment and team suits from our Team Store.

Doing this will also allow you to benefit from the discounts they have offered us! Team Suits are available for everyone to purchase, along with any other equipment that you might need. You will save 25% on all Arena items and 10% on all other brands. You will also receive 5% credit back after every purchase and free shipping on all orders over \$75.

OCTOBER - 100% ATTENDANCE

DEVELOPMENTAL

Blue FC - Grayson Choong, Liam Ho, Skylar Marie Li, Alexander Tinajero, Brandy Vuong, Wesley Yu

Red A FC - Arya Anand, Mia Anand, Aubrey Brooks, Donovan Doan, Mason King, Alexander Laborde, Iris Lau, Michael Li, Tongtong Meng, Anivia Shi, Ethan Yang

Red B FC - Reyna Doctor, Oliver Gonchar, Mahira Mohanty, Vivasvaan Rao, Luciana Shen, Olivia Ward, Alvin Zhang, Kasey Zhou

Red C FC - Mihika Baxi

Red 7M - Anny Cao, Sherry Dong, Avery Fry, Neriah Ifidon, Declan Kana

White A FC - Nicole Liu, Anayah Rahman

White B FC - Darian Doan, Mayan Mohamed, Dorcas Wu, Ann Zheng

White 7M - Aaryahi Arora, Zane Ifidon, Shayna Khodayari, Vianna Khodayari, Marcus Tran

AGE GROUP

Age Group 1 FC - Colin Carandang, Liam Choong, Henry Gonchar, Jordan Ho, Nathan Liu, Liam Luu, Conor MacLean, Sienna Xu, Elene Zhang

Age Group 1 7M - Isaac Zhang

Age Group 3 FC - Kingsley Tran

Age Group 3 7M - Ernest Garaev

Age Group 4 FC - Owen Stalnaker

Age Group 4 LMF - Ariana Truong

Pre Senior 3 FC - Ashley Fuller, Brady Hoang

#BuildingExcellence

OCTOBER - SWIMMERS OF THE MONTH

Developmental

White A FC - Emery Shelton
White B FC - Mayan Mohamed
White 7M - Marcus Tran
Red A FC - Alexander Laborde
Red B FC - Tyler Li
Red C FC - Raunak Pandey
Red 7M - Neriah Ifidon
Blue FC - Wren Workman
Blue NT - Kennedy Criswell
Blue 7M - Adalyn Wong

Age Group

AG1 FC - Sienna Xu
AG1 7M - Christopher Yuan
AG2 FC - Zachary Chung
AG2 7M - Benjamin Astete
AG3 FC - Kingsley Tran
AG3 7M - Ernest Garaev
AG4 FC - Shelby Bigby
AG4 LMF - Penny Gu
PS1 - Hussein Abou El Azm
PS2 FC - Sofia Kolen
PS2 LMF - Ishan Patel
PS3 FC - Ethan Tran
PS3 LMF - Pearce Miller

Senior

S1 - Haley Du
S2 - Daniel Bu
S3 FC - Madeline Hoang
S3 LMF - Brady Motis
SE - Gideon Swan





Happy Birthday!

FCST NOVEMBER BIRTHDAYS

Competitive

Christian Dinh, Aileen Momin, Chen Zhou, Avery Frymoyer, Theo Olfindo, Colin Mahoney, Adrian Yuen, Ethan Chen, Jack VanDagna, Reagan Ruiz, Scarlet Wright, Michelle Vong, Derek Yang, Alex Biraltchanov, Lexy Meyer, Lisa Burns, Landon Penix, Mason King, Aariz Ali, Rishab Verma, Reyna Doctor, Leah Martinez, Thomas Lam, Callie Skelton, Audrey Wong, Valentina Bladilo, Lauren Fuller, Kenny Tran, Federico Balestrini, Cat Horowitz, Siddhanth Gummadi, Billy Luehrs, Kenan Fidan, Reina Ng, Nathan Pham, Santiago White, Ian Tan, Parker Nguyen, Anika Prakash, Wesley Yu, Ari Hulbert, Jennie Zhang, Malik Khuzaima, Eva Robichaud, Amayah Gregory

Masters

Jessica Boysen, Bill Hodgson, Jim Linehan, Christian Tinajero, Amanda Gentry, Ross Meyer, Derek Li

Swim League

Cristina Bisquerra, Aneesh VijayaRagavan, RuthvikhTej R, Noah Moussa, Ethan Wang, Kate Reichenbach, Solan Pathikonda, Dev Kedia, Dia Kedia, Nishant Vasan, Nathan Jiao, Rachel Shao, Amir Moussa, Chloe Weizenecker, Lucia Fantaguzzi, Rose Sturge, Jayden He, Sissi Lin, Alex Werner, Hannah Hunter, Audrey Lai, Connor Lo

Swimmer Spotlight - Krish Advani

Outside of the water, Senior Elite swimmer, Krish Advani, has done some exciting work in the Artificial Intelligence field. Krish shares, "AI and Automation is at the cusp of exponential growth, and I entered the field through a research internship that I did last summer with Dr. Peggy Lindner, a professor at the University of Houston. In this internship I researched how AI models like ChatGPT used text and language to answer prompts. By the end of the internship I had made my own AI models that used data sets to make predictions about prompts that the user entered. I also applied this knowledge to an internship I did with a company, as I used AI to create an automation tool to optimize a business function. The implementation of my tool made the process of reconciling invoices and timesheets much more efficient, and I was proud to implement my technology knowledge into a business field. Most recently to develop my tech interest, I started a project to make an AI powered movie recommendation system. This system takes in movies that the user had previously liked as well as what other critics have said about the films, and outputs movies that it thinks the user would enjoy." We are beyond proud of Krish for his incredible achievements!

To nominate a swimmer for our swimmer spotlight, please email coachmacy@swimfcst.com