



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

- Nov. 8 – 10: Tri Meet Hosted by FCST
- Nov. 11: No Practice
- Nov. 16: FCST Dev. Swim Meet

News & Updates:

- Congratulations to Coach Ashley's White & Red 7M groups for winning the pumpkin decorating competition!
- 2019 FCST Fundraiser: Fundraiser Tips – Your Swimmer's Turn; Swimmer Email Template – [CLICK HERE](#)
- Developing Strong Girls Education Session: Nov. 17 – [CLICK HERE](#) for more info and to RSVP
- 2019 Thanksgiving Week Practice Schedules – [CLICK HERE](#)
- **Coach Corner:** *The importance of arriving early to a swim meets – 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:
Nov. 8 - 10: FCST Nov. Tri Meet @ Training Pool	Blue 2; AG1, 2, 3; Pre-Senior 1, 2, 3; Senior 1, 2, Elite	Oct. 16 & Oct. 23	Coming soon!
Nov. 16: FCST Nov. Dev Meet @ Training Pool	Red, White, Blue 1	Oct. 23 & Oct. 30	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

The importance of arriving early to a swim meets:

As a Coaching staff, we want to offer the best suggestions for creating a positive environment at swim meets for our swimmers to succeed. There are many benefits in arriving at least 15 minutes early to a swim meet session. In arriving early, the swimmer has an opportunity to settle down with the team and find a place for their swim backpack and other personal items such as their lunch-box. Pool decks at swim meets can quickly become crowded with little room to sit and organize one's personal items.

It also gives swimmers time to put their competition suit on properly without being stressed about time. At the same time, the swimmer can check in with their Coach and hang-out with their friends before meet-warm-up. Checking in with your Coach will ensure that everyone is on the same page involving relays and longer events that require a check-in.

We want your child to be comfortable; and, if they are comfortable, you as a parent will be comfortable, as well. Arriving on time will create a positive mindset in the athlete and mentally prepare them for a great day of competition. Late arrival often causes the athlete to become flustered and not feel prepared to compete at their best.

The factors listed above may seem small in relation to other preparation and the challenging training that the swimmers do. However, they are the factors that create a positive and comfortable environment conducive to the team and individual success.

- Head Coach Pete Wright