

SWIMFCST NEWS

Our FCST Masters swimmers had a fun-filled and fast start to the 2024-2025 season! 25 of our Masters swimmers competed in our 2024 First Time for Everything Meet. From the 25s of strokes to the 500 free and 400 IM, these athletes raced, laughed, and cheered each other on.

14 swimmers combined to break a total of 23 Masters Team Records!



18-24

Luisa Romero – 200 Free, 50 Fly, 100 IM
Kameron Villafana – 100 Fly

25-29

Delia Weber – 50 Fly, 100 IM, 400 IM
Colin Crow – 500 Free
Derek Li – 100 IM

30-34

Shawn Wallace – 100 Free, 50 Fly
Devon Asphalt – 500 Free, 200 IM
Ross Meyer – 50 Back

35-39

Hiram Carrion – 50 Breast

40-44

Ben Pulskamp – 100 IM

45-49

Brooke Cox – 50 Back
Robert Boysen – 50 Free, 50 Back,
50 Fly, 100 IM
Ryan Ouderkirk – 500 Free

85-89

Max Zollner – 500 Free

UPCOMING EVENTS & IMPORTANT DATES

Competitive

Oct. 12-13 - FCST/DADS/Sharks Tri Meet @ Emmons Natatorium

Oct. 13 - Sharks Open Water Meet @ Lake Longhorn

Oct. 18-20 - FCST/DADS/Sharks Tri Meet @ Training Pool

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

Masters

Oct. 13 - Shark Attack @ Lake Longhorn

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)



Red vs. Blue Challenge MARIO vs. SONIC

6,683 points

7,255 Points

The annual FCST Red vs. Blue Challenge Meet was full of excitement to kick off an amazing 2024-2025 Season for the team! It was so exciting to see the entire team come together and bond as our senior athletes lined up and cheered for our youngest swimmers.

A huge thank you and shout out to our amazing coaches who competed in our coach relay!

-Coach Ben



Spirit Store Orders!

Online Spirit Store orders will be delivered in the next 3-5 weeks.

As items arrive, they will be delivered to swimmers at their practice locations. Since items come from different vendors, they may be delivered at different times.

Please direct Spirit Store questions to teamstore@swimfcst.com



Parent Education Articles

Being a Supportive Swim Parent

What does it look like to be a supportive swim parent?

"Being a Supportive Swim Parent" written by former FCST coach, current USA swimming employee, and current FCST parent, Dana Skelton, highlights 4 buckets of support that parents should use to help their child in the sport of swimming.

1. Support at home
2. Support for the team
3. Support for yourself
4. Support for your child

The write-up provides a framework for being a supportive swim parent while also encouraging you to take an active and healthy role in your child's swimming career. Click the title above to access the full text!

Hydration for Athletes

Staying hydrated is one of the most important ways athletes can take care of their bodies!

This article provides information regarding dehydration and heat illness and makes recommendations on water intake:

The American Council on Exercise has suggested the following basic guidelines for drinking water before, during, and after exercise:

- Drink 8 ounces of water 20 to 30 minutes before you start exercising or during your warm-up.
- Drink 7 to 10 ounces of water every 10 to 20 minutes during exercise.
- Drink 8 ounces of water no more than 30 minutes after you exercise.

Make sure your swimmer's water bottle is big enough!

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.

The session will begin on 1/13 for Swim League 1, 2, & 3. Junior Swim League will begin 3/17. The session will run through 4/19.

FCST Swimmer Spotlight

Congratulations to **Lucas Wong** and **Alfred Macasaet** on being named 2025 National Merit Scholarship Semifinalists. This is such a huge honor and FCST is proud of you both! You can find the FBISD list [here](#). Keep shining on!

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

September - 100% Attendance

DEVELOPMENTAL

Blue FC - Sebastian Campolieto-Morales, Arlet Castillo, Grayson Choong, Alexander Tinajero

Blue NT - Mia King, Hai-Phong Nguyen

Blue 7M - Willa Kline

Red A FC - Arya Anand, Xander Anarchy Cagas, Donovan Doan, Tanvi Joshi, Mason King, Alexander Laborde, Michael Li, Tongtong Meng, Reina Ng, Nikit Saxena, Logan Tran, Charlie Wang, Ethan Yang

Red B FC - Oliver Gonchar, Emily Pham, Luciana Shen, Roman Shen, Reesha Verma, Olivia Ward, Alvin Zhang, Ray Zhang, Kasey Zhou

Red C FC - Mihika Baxi, Katherine Rounsavall, Donahue Williams, Evelyn Xu

Red 7M - Anny Cao, Joel Wisbrock

White A FC - Margaret Gamboa, Jayde Jaimungal, Harvey Jin, Tai Le, Nicole Liu, Anika Prakash, Anayah Rahman, Emery Shelton, Aidan Taylor, Lily Tran, Larkin Workman, Chloe Yuan

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

White 7M - Kane Garrett, Marcus Tran, William Wootan

AGE GROUP

Age Group 1 FC - Adam Aburas, Colin Carandang, Liam Choong, Eisley Cordova, Anandra Halim, Mingjun He, Jayce Jaimungal, Nathan Liu, Conor MacLean, Oris Mathew, Angela Shou, Anabella Tinajero, Youssef Youssef, Elene Zhang

Age Group 1 7M - Aditya Dardige

Age Group 3 FC - Bowen Chen, Emma Le

Age Group 4 FC - Parker Nesmith, Owen Stalnaker, Amy Tran, Nelson Zhang

Age Group 4 LMF - Chloe Balac-Davies, Broderick Burson, Wanxin Gu, Adriana Luico, Alexis Wong

Pre Senior 2 FC - Osher Mathew

Pre Senior 3 FC - Taley Cagas, Chloe Carandang, Ashley Fuller, Andrew Nguyen

SENIOR

Senior 2 NT - Colton Li, Aiden Nguyen

Senior 3 FC - Lauren Fuller

Senior Elite - Ari Hulbert, Cameron Word

#BuildingExcellence

September - Swimmers of the Month

Developmental

White A FC - Anayah Rahman

White B FC - Olivia Boit

White 7M - William Wootan

Red A FC - Arya Anand

Red B FC - Olivia Ward

Red C FC - Roshni Pandey

Red 7M - Sherry Dong

Blue FC - Pran Vimuktananda

Blue NT - Evan Pham

Blue 7M - Willa Kline

Age Group

AG1 FC - Elene Zhang

AG1 7M - Kenzie Villarreal

AG2 FC - Rishab Verma

AG2 7M - Albert Fang

AG3 FC - Bowen Chen

AG3 7M - Addison Blumenthal

AG4 FC - Elijah McCoy

AG4 LMF - Kate Luico

PS1 - Tayden Tran

PS2 FC - Emma Du & William Luehrs

PS2 LMF - Meidi Wang

PS3 FC - Ashley Fuller

PS3 LMF - Charles Yuan

Senior

S1 - Arsh Maredia

S2 - Kayla Jacob

S3 FC - Tyler Porter

S3 LMF - Jack Smith

SE - Michael Yuen





Happy Birthday!

FCST OCTOBER BIRTHDAYS

Competitive

Aaron Lu, Adam Aburas, Adam Algard, Adam Wang, Albert Chen, Alejandro Frontera, Amara Ali, Ameyaa Komirelly, Amina Elias, Anay Kumar, Anayah Rahman, Arjun Sukhrani, Ashton Pyles, Audrie Li, Austin Fung, Brendan Kun, Cheng Cheng Chuang, Chloe Balac-Davies, Chloe Thompson, Cole Hotzel, Colton Li, Conner Prunty, Connor Lutz, Denise Duong, Elizabeth Zhang, Emerson Woods, Emery Shelton, Emily Fu, Emmalie Giesy, Harvey Jin, Ibrahim Jr Saraya, Ishi Bhusarapu, Jai Waknis, John Gibson, Josephine Murtagh, Kate Zhu, Kodi Chatman, Kyler Kraus, Lamiyah Gurji, Landon Wu, Liam Choong, Lily Tran, Lucas Snyder, Luke Shan, Mackenzie Chen, Mackenzie Fondren, Madison Fung, Matias Mandolesi, Meghan Lau, Michael Yuen, Mingjun He, Murad Sadykhov, Nathan Liu, Nicholas Robichaud, Owen Baldwin, Philip Teng, Ray Zhang, Reid Thompson, Roman Shen, Sebastian Campolieto-Morales, Shreyas Chittoor, Syed Muhammad Aayan Fahim, Tyler Thurman, Weilong Lee, William Wootan, Youssef Abou El Azm, Zachary Chung

Masters

Alex Fuller, Alexander Wagner, Hiram Carrion, Julie Parent, Kameron Villafana, Lawrence King, Luisa Romero, Melinda Schuler, Shalom Oberoi

Swim League

Aiden Lee, Aiyar Kavya, Alexander Wu, Andrew Li, Anya Shah, Aradhya Sankar, Ashvath Sana, Devin Homsy, Ethan Sok, Gabriela Sim, Grace McKay, Hamza Morsy, Hasan Gurji, Jacob Anthony Meniado, Jesse Liu, Kenza Wang-Sol, Kody Ngo, Marisa Nihiser, Ram Khande, Rishi Sekaran, Sai Prajwal Prashanth, Scarlett McKay, Zion Hsiung

Buying goodies for a birthday celebration?!?

Link your Kroger account to FCST to help support the team!

All purchases made using a Kroger Plus Card linked to FCST help support our program at no cost to you! Simply create a digital account or link your current account to FCST ([Link here!](#))

In your Kroger account settings, find the "Community Rewards" section and search for First Colony Swim Team (4501 Cartwright Rd., **Ste 406**, Missouri City, TX 77459 - NPO # HY264). Save FCST to your account & each purchase will help support our mission!

**Link your
Kroger Plus
Card!**

