



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

- Oct. 18 – 20: Tri Meet Hosted by FCST
- Oct. 21: No Practice
- Oct. 27: Open Water Champs

News & Updates:

- 2019 FCST Fundraiser: Fundraiser Tips – An Easy Way to Earn Some Money – [CLICK HERE](#)
- Breast Cancer Awareness Bake Sale: Nov. 2 at Aquatic Center – [CLICK HERE](#)
- Deck Pass on TeamUnify Launches for all USA Swimming Member Clubs – [CLICK HERE](#) for more info
- Coach Corner: *Why do swim Officials disqualify (dq) kids? Why don't they just let them swim?*

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 is very beneficial to the athlete.

Social Media

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[HR & Administration](#)

[Volunteer Coordinator](#)

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[Distribution List
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[*If you are no longer
affiliated with the team and
would like to be removed.
Contact
socialmedia@swimfcst.com](#)

Coaches Corner

Why do swim Officials disqualify (dq) kids? Why don't they just let them swim?

This is a frequent question by parents when their swimmers experience disqualifications at meets. The role of an official is two-fold. First, officials are tasked with providing a safe and fair competitive environment. The second role is in educating swimmers – both those learning the strokes and those who may have become complacent in practice. For both of these reasons, consistent enforcement of the rules is important.

However, what happens if your swimmer has been incorrectly disqualified? What if there are extenuating circumstances – like crowd noise during a start? Officials are trained to give the swimmer the benefit of the doubt – and if they aren't sure, a good official won't make the call. However they are also human and can make mistakes. For that reason, there is always the right of a respectful request to review disqualifications by asking the meet referee to interview the officials involved in making and accepting the call.

As a parent, if you have a question about the legitimacy of or reason for a dq, instruct your swimmer to ask their coach. Often the coach also saw the infraction and can clarify the call for the swimmer. But in the case of an error, this is the role of the coach as an advocate for their swimmer. A parent or swimmer should never approach an official to request review of a call. A coach will know the protocol required to give the swimmer the best opportunity for a fair review. Encourage communication between your swimmer and your coach and foster trust in that relationship. The coaches are invested in your swimmer – trust them to act in your swimmer's best interests and to grow your swimmer through all of their experiences.

- USA Swimming Official Bonnie Finnigan