



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

News & Updates:

- **Developing Strong Girls Education Session** - Markell Lyng (Dryland Director) and Dana Skelton (Head Developmental Coach) will be starting a new educational series for the girls on FCST. Markell and Dana have worked in the professional coaching field for over 13 years and have personally experienced the importance of having strong females supporting them. [CLICK HERE](#) for more info
- **FCST Intrasquad Meet Summary – [CLICK HERE](#)**
- ***For the safety of your swimmer please remind your swimmer to leave the practice facility with a shirt, shorts or pants, and shoes (sandals are ok).***
- **Coach Corner: *What is the importance of coming to practice the week leading up to a meet?- 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: |
|---|--------------------|----------------------------------|--------------------------|
| Oct. 18 - 20: FCST Oct. Tri Meet @ Training Pool | All FCST swimmers | Coming soon! | 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

What is the importance of coming to practice the week leading up to a meet?

"The week and days leading up to any swim meet are some of the most important practices for every swimmer no matter the age or experience level. While the total volume of each practice may drop, the speed and intensity will build in preparation for fast racing.

Coaches will plan for the final week of practice to be focused on fine-tuning race strategy and skills. Turns, starts, and finishes will be reviewed for speed and power. Coaches will also have the swimmers practice their relay starts not only for speed, but to also fire up the swimmers for some awesome FCST Relays! As the swimmers get older, the coaching staff will also include race-pace work for longer races as an integral part of each practice.

All of these components build on the training base that has been built up over the first three months of practice. Swimmer's bodies get acclimated to a practice routine, which helps build their great feel for the water. This great feel for the water is the final ingredient in a confident and excited swimmer. Make sure your swimmer has that confidence so that striving for and achieving their goals becomes a reality."

- Head Coach Pete Wright