



To: FCST swimmers attending Fort Bend ISD schools

Date: September 27, 2023

Reference: Fort Bend ISD Olympic Sanction Program

First Colony Swim Team restricts which groups will be allowed to apply for the Fort Bend ISD Olympic Sanction Program. These restrictions will line up with the 15 hours per week that Fort Bend ISD (and the state) require for the swimmers to be a part of the program. The goal is for FCST to help maintain the high standard of athletic performance that the program has intended for.

The program does require that at least 10 hours be completed Monday through Friday. The remaining hours can be acquired from Saturday practice; however, swim meet hours do not count. We have had to balance this requirement along with the proper progression that we feel is appropriate for each practice group.

Swimmers will only be allowed to apply for Olympic Sanction if they are in the following groups:

- Pre-Senior 2
- Pre-Senior 3
- Senior 2
- Senior Elite

For most of these groups the swimmers must be attending the morning practices that are offered to qualify for the program. If the swimmers are not meeting the minimum requirements for the program their grade will reflect that and they will not be eligible for the program the next semester.

The swimmers are expected to keep track of their hours and provide this to their coach at least one week before they are due. Swimmers will receive their attendance verification and grade form back from the coach no earlier than 24 hours after the form is brought to the coach. The coaching staff will take that time to verify attendance, hours attended, and the description of the activity.

If a swimmer does not demonstrate the commitment needed to meet the requirements of this program, they will not be allowed to apply for the program the next semester. Swimmers are expected to attend no less than 90% of practices to receive a passing grade; this has been set by the district.

Please contact your primary coach regarding any other questions.

Thank you,

FCST Coaching Staff