



# 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

- Sept. 21: First Saturday Practice
- Sept. 28 & 29: RWB Intrasquad Meet

### News & Updates:

- **2019 Gulf Medal Clinic with Olympic Gold Medalist Mckenzie Coan** - Tickets are \$20 (plus fee) for swimmers and are NO COST for parents. **CLICK HERE** for more info
- **Coach Corner: *What is IM training and why we do it?* – scroll down**

### TeamUnify – How To Receive SMS Texts from FCST – GREAT FOR PRACTICE UPDATES

1. Simply go to the team website and log in
2. In the left column choose “My Account”
3. From the drop down options again choose “My Account”
4. Input cell number and carrier into the SMS slot; click “Save Account Changes.”
5. You will receive a text message with a verification code.
6. Input verification code into website, click VERIFY
7. Click “Save Account Changes.”

### Upcoming Meet Information:

**CLICK HERE** for the FCST Competitive Suit Policy

Meet Webpage, Dates, & Location:	Athletes Eligible:	Prelim and Final Entry Deadline:	Volunteer Opportunities:

## 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

<b>Sept. 28 - 29:</b> <b>RWB</b> <b>Intrasquad</b> <b>Meet; @ LCISD</b> <b>Nat.</b>	All FCST swimmers	Coming soon!	Coming soon!
<b>Oct. 18 - 20:</b> <b>FCST Oct. Tri</b> <b>Meet @</b> <b>Training Pool</b>	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 is very beneficial to the athlete.

## Coaches Corner

### What is IM training and why we do it?

A key part of the FCST team philosophy is IM training. This means that for every level of the team, Developmental through Senior, we train the kids in all four competitive strokes. There are many benefits to having the swimmers train all of the strokes, especially at the Developmental and Age Group level. Swimmers should not be specializing in just one stroke.

Swimmers will often have a favorite stroke and one that they are faster in. However, we do not want the kids to focus on just that stroke. As kids get older, stronger, and develop a better feel for the water that stroke can change over time. FCST believes in developing a foundation for every swimmer to be as successful as possible as they progress into the Senior program and Senior swimming.

### Benefits of IM Training:

- Injury prevention- By swimming all four strokes the swimmers are developing different muscles, improving any stroke imbalances, and avoid any overuse of certain muscles/joints
- Develop a better feel for the water- By constantly challenging the brain and muscles through all four strokes the swimmers gain a better feel for the water and how their body is moving through the water
- Develop better balance in all strokes- Similar to developing a feel for the water, swimmers are able to learn how their body balances in the water and what adjustments need to be made for better efficiency while they swim
- Make them a better racer- Training and racing all four strokes consistently will provide more opportunities to develop them into a great all around racer.

Dana Skelton  
Lead Age Group 1 First Colony Group  
Head Developmental Coach