



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. 3: First Day of Practice
- Sept. 7: FCST Parent Meeting
- Sept. 21: First Saturday Practice
- Sept. 28 & 29: RWB Intrasquad Meet

News & Updates:

- **First Day of Practice:** Sept. 3! **CLICK HERE** for practice schedules.
- **2019 – 2020 Parent Meeting:** Sept. 7 – for new and returning families; **CLICK HERE** to RSVP
- **Coach Corner:** How to receive SMS texts from FCST on TeamUnify – scroll down for instructions

Upcoming Meet Information:

CLICK HERE for the FCST Competitive Suit Policy

Meet Webpage, Dates, & Location:	Athletes Eligible:	Prelim and Final Entry Deadline:	Volunteer Opportunities:
Sept. 28 - 29: RWB Intrasquad Meet; @ LCISD Nat.	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

TeamUnify – How To Receive SMS Texts from FCST

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"

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

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."