



# 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. 5: Gold Medal Clinic
- Oct. 18 – 20: Tri Meet Hosted by FCST
- Oct. 27: Open Water Champs

### News & Updates:

- *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).*
- Oct. 1 Aquatic Center parking lot will be closed. Use the school parking
- 2019 – 2020 Personalized Swim Caps – [CLICK HERE](#) order form; deadline Sept. 30
- 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
- **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

### Upcoming Meet Information:

[CLICK HERE](#) for the FCST Competitive Suit Policy

Meet Webpage, Dates, & Location:	Athletes Eligible:	Prelim and Final Entry Deadline:	Volunteer Opportunities:
<b>Oct. 18 - 20:</b> <b><a href="#">FCST Oct. Tri Meet @ Training Pool</a></b>	All FCST swimmers	Coming soon!	Coming soon!

## Social Media

[Facebook](#)

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## Contact Us

[Team Accounts & Billing](#)

[HR & Administration](#)

[Volunteer Coordinator](#)

[Team Merchandise](#)

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

\*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.

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## Coaches Corner

### What is the importance of consistent swim practice attendance?

*When committing to competitive team, meets and tournaments are an exciting and fun part of the experience, however, a very important part of being on a competitive team is attending practices. As a coach who has seen the impact great practice ethic has on swimmers, I've put together a couple of reasons why attending practice is so important!*

- ***Attending practice is the only way to improve***

*Swimmers who attend 90-100% of the practice tend to improve faster than a swimmer who attends 50-60% of the practices. If an athlete isn't coming to practice, there really is no way for them to improve unless they're working on their own time.*

- ***Missing a practice could mean missing being taught an important skill***

*This is especially true at a younger age. With new skills being taught all of the time missing even one practice could mean your swimmer is missing an important skill such as a back stroke flip turn, or a specific butterfly drill. As soon as they miss the initial teaching of a skill, they have to really start playing catch up to learn the skill. Attending practice helps swimmers keep up at practice and learn everything they can!*

- ***Missing out on being a part of the team***

*When a team is together, they are bonding, whether it is an obvious bonding experience like a game, or whether it is sharing a joke, the swimmers are becoming more and more of a team. When a swimmer does not attend a practice, they are missing out on little bonding experiences. There is nothing more important than the support of a teammate, especially at meets or tournaments.*

*Attendance is a staple in an individual's career, as well as a team's success. Help your swimmer by getting them to practice! It will make all the difference in the end.*