

SWIMFCST NEWS

Welcome Back FCST Families! The staff is very excited to be back at the pool so that we can get started with the 2024-2025 Season. It was so much fun to see all the competitive swimmers at the Welcome Back Party having fun with each other to kick everything off. Moving into the first few weeks of practices we will be laying the groundwork so that all the kids will be ready for a successful season.

The 2024-2025 season welcomes new coaches, former assistant coaches taking on lead positions, and countless new families who have joined the program. The staff is extremely excited to build on all the success from last season to make the 2024-2025 Season the best one yet!

Highlights from 2023-2024 Season:

- FCST Age Group Program Named in the Top 50 in the Nation by ASCA
- Placed 2nd at Gulf AG Champs in both the SC and LC Season
- Zones Team - 2nd Place in the Men's, 3rd Place in the Women's, 3rd Place Overall
- Virtual Club Championships – 48th in the SC Season, 40th in the LC Season
- 12 Team Records in the SC Season
- 22 Team Records Broken in the LC Season

-Coach Ben P.



***Congratulations to our new
Head Age Group Coach,
Coach Trenton!***

UPCOMING EVENTS & IMPORTANT DATES

Competitive

Sept. 12 - 10am deadline to **RSVP to Intro to Parent Support Call**

Sept. 12 - Intro to Parent Support Virtual Meeting

Sept. 14 - Intro to Parent Support Virtual Meeting

**Sept. 21-22 - Red vs. Blue Challenge
@ Training Pool**

**Oct. 12-13 FCST/DADS/Sharks Tri Meet
@ Emmons Natatorium**

**Oct. 13 - Sharks Open Water Meet
@ Lake Longhorn**

**Oct. 18-20 - FCST/DADS/Sharks Tri Meet
@ Training Pool**

Masters

Sept. 21 - First Time for Everything Meet

Swim League

Sept. 22 - Fall Swim League Registration Closes

Parent Education Article

What to Expect at a Swim Meet

Swim meets are fun! This is the opportunity for swimmers to race and enjoy the hard work they have put in at practice. Meets are also where most swimmers get to be social and hang out with friends. While meets are such a positive aspect of our sport, they can also be overwhelming to new swimmers and parents.

Preparing for a meet can include reviewing the meet itinerary, packing everything you will need (and spares!), reviewing your swimmers heat and lane assignments, ensuring your swimmer is properly fueled for the day, and more. Once at the meet, there are other factors to consider: the most important being the role you play in your child's athletic career.

For more information on how to prepare for a meet, what to expect at a meet, and how you can best support your swimmer, [click here!](#)



SWIM LEAGUE - Fall 2024

The first 3 weeks of our fall Swim League session have gone well. The groups are focusing on the basics: streamlines, push offs, body & head position.

Coach Lee and his staff have also started introducing the breaststroke and butterfly kicks to the swimmers.

Teaching these basic skills and fundamentals now will allow the swimmers to build upon them with new skills and techniques for the rest of the session - and their swimming careers!

First Time for Everything Meet

FCST will be hosting a Masters swim meet on September 21st. Masters Swimming (USMS) is open to all swimmers age 18+.

[Click here to register for USMS](#)

[Click here to register for FCST Masters](#)

[Click here to register for our upcoming meet!](#)

Pool
Locations

Happy Birthday!

FCST SEPTEMBER BIRTHDAYS

9/15 Coach Rose ~ 9/22 Coach Trenton ~ 9/25 Coach Adrian D.

Competitive

Grace Adams, Grace Burson, Kalina Dementyev, Eliana Cariman, Hana Martin, Parker Nesmith, Megan Ta, Alexis Wong, Broderick Burson, Addison Garrett, Ruby Zhou, Esin Sukhrani, Allyson Wang, Tyler Slater, Ryan Du, Neyla Nguyen, James Ong, John Paul, Thrayee Rao, Punna Vimuktananda, Sophia Fu, Lindsay Macbeth, Brady Hoang, Erik Clowney, Michaela Cogill, Ashley Fuller, Neriah Ifidon, Scarlett Ruiz, Charlie Wang, Ziran Wen, Logan Tran, Esther He, Ethan Yang, Noe Unverzagt, Vivasvaan Rao, Reesha Verma, Mihika Baxi, Arabella Shelton, Aiden Nguyen, Mengle Tong, Emily Bujak, Sophie Pan, Adrian Yang, Yuyang Cao, Anthony Newton, Eric Wei, Owen Cannella, Sam Fleming, Clara Luginbill, Richard Smith, John Boysen, Caedmon Doherty, Lillie Sczech, Carter Gray, Winnie Liu

Masters

Peggy Hart, Erik Berglund, Adrienne Osorio, Lisa Ganguly, Mateo Espinoza, Jennifer Carlin-Roth, Jodi Muschel, Ignacio Fantaguzzi

Swim League

Prem Inamdar, William Sok, Yi Chen Yang, Niya Momin, Kanav Singh, Yasmeen Kishk, Uzayr Ali, Alyssa Piggee, Thomas Paul, Anjani Kothari, Jason Wang, Melissa Wang, Ava Lew, Keira Lyng, Ridhi Erukulla, Samuel Lincoln, Roshin John, Chiamaka Azobu



Congratulations to Adrian D., Ben H., Myka, and Colin on their new Lead Coach positions!

Congratulations to all our swimmers who broke team records over the summer!



Yuen, Boysen, Newton, Doherty



Liu, Fu, Finley, LeBlanc



Newton, Yuen, Boysen, Gray



Ethan Valerio



Elijah McCoy



Isaac Zhang



Jack Maddan



Kk LeBlanc

Join our Parent Community on WhatsApp!

~Geared toward Competitive Team Parents~



- Admin Announcements
- General Parent Chat
- Group-specific Chats



Michael Yuen

Swimmer Spotlight

In coming Newsletters, FCST would like to highlight swimmer accomplishments outside of the water. To nominate a swimmer for our swimmer spotlight, please email coachmacy@swimfcst.com



@SWIMFCST



Follow/Like Our Public Page - First Colony Swim Team

