

Monday, February 8, 2015

Howdy Families,

Thank you so much for your sweet notes these past two weeks and all your support throughout this season. I have truly enjoyed working with you and your athletes. Watching them grow and progress in their sport has been awesome! As you may have heard, our sweet Hunter surprised us one week early! Everything went very well, we are all doing great, and we have been enjoying spending this time together at home.

I am looking forward to swinging by the pool this Wednesday to say howdy and wish our athletes good luck at their championship meets. Please remind them to keep doing their very best at practice every day and to maintain a positive mindset over the next two weeks. They have been working so hard all season, and I know they will do great!

[NEW TERRITORY WEBPAGE](#) - Schedule Changes, Important Dates, Announcements, & More

IMPORTANT ANNOUNCEMENTS

- I am planning to swing by the pool this Wednesday, February 10th, immediately following practice. I am looking forward to seeing everyone and wishing our athletes a fantastic championship season!

THINGS TO DO

- Please keep an eye on your inbox for championship meet itineraries

IMPORTANT DATES

- **Saturday, Feb. 13:** [Short Course Champs I \(8 & Under\)](#) at the [Friendswood ISD Natatorium](#)
 - [Final Entries](#)
- **Friday- Sunday, Feb. 19-21:** [Short Course Champs II \(9-14\)](#)- Location still TBD
 - [Final Entries](#)
- **Monday, Feb. 29:** Termination forms due for any athletes participating in their summer neighborhood recreational team
- **Saturday, Mar. 12- Sunday, Mar. 20:** **No Practice**- Have Great Spring Break!

PARENT EDUCATION

[Seven Principles to Peak Performance](#)- If we were to peer inside an athlete's mind while he was in the middle of a great game, we would consistently find a number of predictable mental elements present. The presence of these mental components creates the special INTERNAL ENVIRONMENT within the athlete that enables the peak performance to happen, fuels the athlete's motivation, and keeps him involved in the sport over the long haul. Having a general awareness of these performance elements is absolutely ESSENTIAL for your success as an athlete, coach, or parent. If you can deliberately integrate these elements into your daily training and competitions, then you'll be well on your way to achieving a mentally and physically tough strategy that can only lead to excellence and success.

Please always feel free to let me know if you have any questions or concerns at all. You may reach me anytime at coachmandy@swimfcst.com. I am also available immediately before and after practice every day.

See You at the Pool!

Coach Mandy