

May 23

Hello AG3 Families!

1) I hope everyone had a wonderful time at the meet over the weekend! We learned so much!

I am proud of the swimmers they were at a new facility and took on challenging events, some for the first time, and did an excellent job at it! Especially for the new swimmers, it is essential for them to swim in new events as soon as possible. Swimming the 200's strokes is crucial for their long-term development in the sport. Once the final results are posted I can better understand where swimmers are in the qualifying times for the July swim meets. Thank you so much for the support all weekend. Being outside will help us prepare for the Gulf Age Group Champs in July since the swim meet is outside.

Coach Adrian's Thoughts:

One big thing I have noticed in some swimmers is that I need to do a better job in guiding them on how to apply what we do at practice at swim meets. In my experience there are a series of steps:

- A. An athlete begins their learning process by sampling hearing
- B. The next step is to listen with an intention to what is being presented
- C. Finally an athlete must apply with purpose what they are listening to

Now clearly this thought is not fully developed and my task now is to find the steps in between the steps so the athletes can continue to develop for the long term.

2) [CLICK HERE](#) for the FCST Team Newsletter

3) Please note that our summer schedule will start this Friday May 27 - [CLICK HERE](#) for more info

Dates of Importance

- May 30: No practice

- May 27: First Day of Summer practice schedule

- June 17 - 19: Summer Splash Hosted by FCST; Training Pool

- June 20: No Practice

- July 9 & 10: Gulf 12&U Champs; Location TBD

- July 11: No practice for Gulf 12&U Champs swimmers

- July 15 - 17: Gulf Age Group Champs; Qualified athletes, Cypress, TX

- July 18: No practice for Gulf Age Group Champs swimmers

- July 20 - 14: TAGS; Qualified athletes, Arlington, TX

[CLICK HERE](#) for the Age Group Calendar page for the practice schedule

As always email me with any questions. Thank you for the support!

- Coach Adrian