**FEB 15th , 2021**

**NO Practice today due to weather. Please see a dryland Zoom hosted by Coach Markell.**

**Lots of information listed below please take a second to look at everything. It is important that we list the emails on our fundraiser, link is included. Safe sport for our Pre-Senior and Senior Groups, link included. Lastly FCST Strong Girls link included.**

Topic: PreSenior 2/3 and Senior Monday
Time: This is a recurring meeting Meet anytime

Join Zoom Meeting
https://us02web.zoom.us/j/85901962794?pwd=TUlrRkxPSVVSNUczWlNGNEFQQW40dz09

Meeting ID: 859 0196 2794
Passcode: 011421
One tap mobile
+13462487799,,85901962794#,,,,\*011421# US (Houston)
+12532158782,,85901962794#,,,,\*011421# US (Tacoma)

Topic: Weekly Blue 2/Age Group/ PreSenior 1 Zoom Dryland Monday/
Time: This is a recurring meeting Meet anytime

Join Zoom Meeting
https://us02web.zoom.us/j/89744107100?pwd=S2F5ZXZPRXN6eWhkY25hOWgwemZMZz09

Meeting ID: 897 4410 7100
Passcode: 613649

**FUNDRAISER**

You will be directed to add your emails. The expectation is that every member of our team has 20 quality emails uploaded to your profile. Our coaches will be able to track this! Make sure your emails do not include students, teachers, fake emails, etc. and are only legitimate potential donors. There are incentives for those who participate fully in this campaign, so please get this done TODAY!

<http://www.snap-raise.com/join_code/915137868>.

**SAFE SPORT**

**First and foremost, thank you for helping us improve First Colony Swim Team. We are in the process of becoming a Safe Sport Swim Team per USA Swimming and Safe Sport standards. The parents and swimmers are an important factor in completing the process. We are asking a parent per family the 13 and up swimmers to complete this class. Doing so will ensure the best environment for the FCST athletes who are the face of the team. Our goal is to complete this certification by the end of the month.**

**This is a quick 30 min class that you can complete on your computer or phone. With the weather keeping us inside over the next few days it is a perfect opportunity to complete this process.**

<https://www.usaswimming.org/safe-sport>

**FCST STRONG GIRLS**

Coach Markell and Coach Dana have been hosting an educational series for the girls of FCST.  For the next session, we will be hosting an educational class about the Importance of Teammates.  Please RSVP to the link below and we will send you the webinar information on Sunday morning (once the RSVP has closed).

**Date:** February 28, 2021
**Time:** 1:00 PM
**Topic:** The Importance of Teammates
**Swimmer Invitation:** 9 years & older, Blue group & up (We do restrict the ages and group that can attend, to ensure the swimmers can understand the material)

**RSVP:**Click [HERE](https://docs.google.com/forms/d/e/1FAIpQLSfwI4uihd4Fgze5MdVckFZxs5Aqc9Mvx73C38j6tIPZZba87g/viewform?usp=sf_link)
**RSVP Closes**: Saturday, February 27th (Once RSVP has closed we will send link to meeting and password)

Thank you

Coach Lesley