Hello Pre-Senior 2 and 3 Families,

We had a great practice this morning at Colony Grant 8 and I hope that everyone is relaxing for the rest of the day. It is going to be very important that everyone enjoys a little down time after a lot of great training over the summer. We are doing a lot of speed work and fine tuning our skills for the rest of the week and moving into next week for the Zones and Futures kids.

Please see the group page for this week’s schedule so that you know when and where to be. Friday and Saturday practice for Zones and Futures kids will be at the AC from 7:30-9:30am. Zones and Futures swimmers will also need to get in the water on Sunday to stay loose before they leave on Monday (Let me know if you need help finding a place to swim). Those swimmers that qualify for Zones at the Top Shelf meet coming up this weekend we will have a very fast turn around on signing you up for the meet. Once you are qualified, I will need an answer right away and I will have you fill out the events that you will swim so that we can submit new entries. If you have questions than please let me know.

Last but not least, it is that time of year again where we talk about group moves for the fall. I will be sending some information out tomorrow to the parents of kids that are moving into new groups. I am going to ask that you keep this information to yourself so that I can speak with the swimmer on Wednesday or Thursday after practice. Unfortunately, I can’t wait until after the last meet like I would like because I will not see the kids that are going to zones after their meet. Please let me know if you have any questions.

**Communication**

NEW Cell Phone – Since coaches are not going to the office as much as we did in the past the team has gotten some of the coaches cell phones. Not all coaches got them but Christina and Hillary both have them. Their numbers are posted on the website.

My new number is 281-845-1483. Please use it similar to the way you have all treated my personal number. I am happy to talk if anyone has a concern. If something is going on with your swimmer and you think that I should know please call or text.

**Important Dates:**

**July 23-25th – 2021 FCST Top Shelf Invitational** – This will be a 3 day Prelims/Finals meet at the FBISD Training Pool. This will be a championship style meet that everyone in the group should attend.

**July 27 – July 31st – 2021 Southern Senior Zones** – Please mark your calendars for this meet. They are still in the process of announcing the locations. Once we have more information we will let the team know. Qualifying times are 15-16 AA times regardless of age and this meet is for 13 and over athletes.

**July 28 – July 31st – 2021 USA Swimming Futures** – This is a 4 day Championship Meet that you must have qualifying times in order to compete at. This meet will be hosted in Fargo, North Dakota. Qualifying times can be found by [CLICKING HERE](https://www.usaswimming.org/docs/default-source/timesdocuments/time-standards/2021futureschampionshipstimestandards.pdf).

**Announcements:**

* **FCST Team Newsletter**[**: CLICK HERE**](https://www.teamunify.com/team/gsfcst/page/news/290916/fcst-newsletter---july-19)for the team newsletter. We will continue to attach the team newsletter to the group emails. Please review for team wide information.
* [**PRACTICE SCHEDUELE**](https://www.teamunify.com/team/gsfcst/page/competitive-group-pages/fc-age-group). Check the Pre-Senior page for First Colony regularly.
* Weekly Emails will be posted on the Pre-Senior Group page at the beginning of the week in case you need to look back at the information.

Thank you always for your support!!!!!

Coach Ben