Hello Pre-Senior 3 Families,

I hope that everyone is having a great start to the week. We had a great practice this morning and I am excited to get everyone’s goal sheets today. We are not going to have Thursday morning practice this week so that the kids all get some extra sleep going into the weekend. All the afternoon workouts are going to be normal and obviously their will be no Saturday practice with the meet this weekend. We will take the Monday after the meet off as well so that the kids can all recover from the weekend.

This week we will be doing a lot of sets that should help us with our race plans. This meet coming up is another training meet which means that we are really focusing on the process of the race and not the result as much. When we focus on how we are going to race the result usually works out much better.

**Important Dates:**

* **May 19th** – No Morning Practice!
* **May 21-22nd – KATY INVITE** - This meet will be hosted in Angleton, TX. We are waiting on the meet information but please mark your calendar for this event.
* **May 23rd** – No Practice after the meet!
* **May 27th** – June Practice Schedule Begins!!!! [Click Here](https://www.teamunify.com/team/gsfcst/controller/cms/admin/index#/calendar-team-events) for the June Practice Schedules
* **May 30th** – No Practice on Memorial Day!!
* **June 17-19th – 2022 FCST Summer Splash** – We will host this meet at the Training Pool. More information coming soon.
* **June 20th** – Texas Typhoon! No Practice after the meet. Join the fun in the sun!

**Announcements:**

* **FCST Team Newsletter**[**: CLICK HERE** for](https://www.teamunify.com/team/gsfcst/page/news/362243/fcst-newsletter---may-16) 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-pre-senior) 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 and welcome back for another outstanding season!!!

Coach Ben