

May 23

Hello S2 Families!

1)

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

Very proud of the group for their performances. One big thing that will stick with me is how the group was having fun with one another. They really did look like a group that is supportive and what each other to do well. This is the attitude that a group needs in order to be successful in the long term. We learned a lot and we have gained a lot of info on how we will move forward with what time we have left at practice. Thank you for the support!

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 7, 14, and 28 Saturday practice at Don Cook 7-9am, then dryland at AC until 10am

- May 23: No practice

- May 27: First day of Summer Schedule

- May 30: No practice

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

- June 20: No practice

- July 15 - 17: Gulf Senior Champs, Woodlands, TX

- July 18: No practice for Gulf Senior Champs swimmers
- July 26 - 30; Southern Zones; Qualified athletes; Morgantown, WV
- July 28 - 31: Futures; Qualified athletes; College Station, TX
- July 29 - 31: Gulf Summer Champs; Don Cook Nat

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

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

- Coach Adrian