

May 9

Hello S2 Families!

1) Hope everyone had a wonderful weekend with family and a happy belated Mother's Day! Thank you for all that you do! I got to spend quality time with my mom yesterday, hope y'all did too!

The limits of only being positive or negative; why not be neutral?

In this week's thoughts of Coach Adrian: It is okay to feel natural towards tasks, challenges, or setbacks. There are so many more emotions other than being negative or positive. We do not always have to feel positive about everything all day. I believe that limits the child's abilities to experience a range of genuine emotions.

For example, we do not have positive emotions about brushing our teeth yet we know we need to do it for a variety of positive benefits. I do not ask the swimmers to be joyous about a tough swimming set. I do ask them to be open-minded about the challenge, focused on what they need to improve on, or take each repetition one at a time. Most of the time they feel joy after the set is done because they did better than expected or they feel as if they conquered it.

How can this concept be applied to their everyday life?

2) **CLICK HERE** for the FCST Team Newsletter

3) Please review the meet schedule below for your planning purposes, especially Saturday practice and location for the month of May

Dates of Importance

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

- May 20 - 22: KATY LC Meet in Angleton TX; more details coming

- 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 26 - 30; Southern Zones; Qualified athletes; Morgantown, WV

- July 29 - 31: Futures; Qualified athletes; College Station, TX

[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