Parents

Good Morning                                                                                         Tuesday, May 3, 2022

The weather is getting warmer. Please bring a water bottle to practice every time. We are also doing dry land, so wear the proper clothing.

**Awards Banquet** - We had our team awards banquet last Sunday, May 1, 2022, and everyone had a good time.

Awards were given out for LC 2021 & SC 2021. Congratulations to the following award winners:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **SC AWARDS for WHITE & RED GROUPS FC** | | | | |
|  |  |  |  |  |
| **AWARD** | **GENDER** | **SWIMMER** | **GROUP** | **New Group** |
| MI | F | Ho, Jordon | White A FC | Blue 1 |
| MD | F | Liu, Angel | White A FC | Red |
| MI | M | Boit, Micah | White A FC | White |
| MD | M | Tinajero, Alex | White A FC | White |
| MI | F | Guoer, Mary | White B FC | Red |
| MD | F | Kakkar, Anushka | White B FC | Red |
| MI | M | Tan, Aiden | White B FC | Red |
| MD | M | He, Bill | White B FC | Red |
| MI | F | Estrada, Nicole | Red A FC | Blue 1 |
| MD | F | Ta, Megan | Red A FC | Blue 1 |
| MI | M | Einarsson, Sveinn | Red A FC | Blue 1 |
| MD | M | Zheng, Brendan | Red A FC | Red |
| MI | F | Garcia, Gabriela | Red B FC | Blue 1 |
| MD | F | Estrada, Emma | Red B FC | Red |
| MI | M | Meeks, Ethan | Red B FC | Blue 1 |
| MD | M | Ong, Joshua | Red B FC | Red |

If you did not receive your plague at the banquet, we will have them for you at practice. Keep up the good work.

**Practice Changes for April & May –**

**Monday, May 30, 2022** – No Practice Memorial Day

**Meet Schedule Long Course (LC)**

May 20 – 22 – SPA LC Invite at the TP (Preliminary Entries Attached) If you need to make a change, I need the changes by Wednesday, May 4, 2022.

June 17 – 19 – FCST Summer Splash at the TP

July 9 – 10 – 12 & Under Champs Meet Host TBD

**Dropping form FCST Policy** - It is that time of year already for those who might be considering leaving FCST for one reason or another. Just a friendly reminder of the following when leaving FCST.

Please see below:

1. **CANCELLATION OF MEMBERSHIP**

A swimmer may end their FCST membership by submitting written notice, the FCST Drop Form, at least one month in advance. The drop date must correspond to the last day of the month. If you turn in your

Drop Form less than one month before your specified month end Drop Date, you will be responsible for

monthly swimming dues for the following month (as well as for the month the form is turned in). For

example, if you submit your Drop Form on February 1st, you are obligated to pay dues for February and

March, and your Drop Date is March 31st. The written notice must be on the FCST Drop Form, obtained

online, via email, or at the office. The Drop Form is only accepted by

* Email sent to fcstadmin@swimfcst.com
* If you do not receive a confirmation email, it is your responsibility to follow up with the FCST Administrator (fcstadmin@swimfcst.com) to make sure your form was received.

Members who have chosen to pay dues in full for the entire year membership may also drop with one-month advance notice. Swimmers will be charged a $200 fee to drop between the dates of September 1, 2021, and July 31, 2022. Fee is assessed per swimmer, not per family/account.

**Group Communication**

* [Our Practice Page](https://www.teamunify.com/team/gsfcst/page/competitive-group-pages/fc-white--red) (Check out our Practice Page to view our schedule and check for any changes or updates) Here you will find a lot of very important information for you and your swimmers

Please know that you may always come to me with any questions or concerns you have. I am always available via email, as well as 10-15 minutes before or after practice each day. Thank you for the opportunity to work with your children!

Sincerely,

Coach Hillary

White & Red Group FC Leader

**First Colony Swim Team creates opportunity for swimmers to merge passion and commitment with expertise resulting in the highest level of personal performance.**