Hello FCST Families,

I hope this email finds you well and rested after a nice weekend!

Champs month is finally here! All the months of hard work are going to come together for some amazing swims! No matter what happens we should be very proud of all the hard work that they’ve been putting in!

**Practice schedule:**

No Morning Strength and Conditioning until after spring break

No practice Monday February 28th after Champs III.

**Meet Info:**

Be sure to keep an eye on the meet page for our [Champs III meet](https://www.teamunify.com/team/gsfcst/controller/cms/admin/index?team=gsfcst#/calendar-team-events). All info including itinerary and entries should be available by late next week.

**Other News:**

2022 Fundraiser (CAN ALSO SEE ATTATCHMENT)

We are gearing up to launch this **Thursday, February 10th**. However, in order to have a successful launch, we need YOUR help! It is very important that you get this done in the next couple of days!

Sign up on Snap Raise (for those of you who are new to it) or log in (if you’ve used it before) using the QR Code below. You will be directed to add your emails. The expectation is that every member of our team has 20 quality emails uploaded to your profile. Make sure your emails do NOT include students, teachers, fake emails, etc., and are only legitimate potential donors. Some good examples of potential donors would include family members (grandparents, aunts, uncles, cousins- no matter where they live), business colleagues, doctors or dentists with whom you have a good rapport, neighbors, friends, etc. These contacts will receive only a couple of emails regarding fundraising opportunities, including flat donations to our team and spirit wear purchasing options. All funds donated through this year's fundraiser will be put straight back into important items and equipment that make First Colony Swim Team one of the best in the nation. Items we have purchased with fundraiser contributions in the past include new pool heaters, new tarps, new dryland equipment, and new starting blocks.

We truly appreciate your support with this year's fundraiser as we celebrate 40 years of excellence!

Qr code

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Tempo Trainers

These items sell out fast and are not always available..

<https://www.amazon.com/FINIS-1-05-120-Tempo-Trainer-Pro/dp/B005TVYVI2/ref=sr_1_4?crid=2B9RHS6ONMJ53&dchild=1&keywords=tempo+trainer+swimming&qid=1631025063&s=sporting-goods&sprefix=tempo+%2Csporting%2C185&sr=1-4>

SMS TEXT- Please be sure to verify your **cell phone number in order to receive important last minute updates like practice cancellations ETC**. Please follow the steps below:

1. Simply go to the team website and log in
2. In the left column choose “My Account”
3. From the drop down options again choose “My Account”
4. Input cell number and carrier into the SMS slot; click “Save Account Changes.”
5. You will receive a text message with a verification code.
6. Input verification code into website, click VERIFY
7. Click “Save Account Changes.”

Thank you!

Coach Karim

“Consistency in Striving for Greatness”

Lead Senior 1 and Blue 1A

Strength and Conditioning Coordinator