

FCST Swimmer Attends USA Swimming National Select Camp:
Congratulations to **Jordan Hancock** of First Colony Swim Team, for being selected by USA Swimming to attend their National Select Camp which was held on October 27th-30th in Colorado Springs, Colorado.

From USA Swimming: “Each fall, USA Swimming brings 60 of the top USA Swimming member athletes in the nation for a once-in-a-lifetime camp experience. Swimmers are selected from the SWIMS database of top times. During the camp, these swimmers will learn about post race recovery, drug and supplement rules, psychological training skills, nutrition, race strategy and more”

In addition to Jordan being selected, FCST’s Head Coach Allison Beebe was selected to be the Head Coach for the women’s team.

First Colony Swim Team is a year-round USA Swim team located in Sugar Land, Texas. For more information please visit:
www/swimfcst.com/swim

