

Four FCST Swimmers Compete for NCSA all American Team in Japan

First Colony Swim Team (FCST) members Kyle Yu, Jordan Hancock, Romy Landeck, and Simone Manuel were all part of the NCSA All American Team that competed in Japan this past September. These athletes qualified by performing well at both the NCSA Spring Junior Nationals and then again at USA Swimming's Summer Nationals and Junior Nationals. In addition, since FCST had the most athletes named to the team, Coach Allison was selected the Women's Head Coach for the trip.

All four athletes were able to advance to the A final, while both Simone Manuel and Jordan Hancock ended up on the podium. Simone won the 50 free with a lifetime best of 25.89. She also placed 2nd in the 100 free and was part of the gold medal winning 200 and 400 free relays. Jordan Hancock was the top American distance swimmer winning silver in the 800 free and bronze in the 400 free. This was the first international meet for several of these swimmers and they did a great job representing NCSA, USA, and FCST.

For more information on FCST please visit the website at: www.swimfcst.com/swim

