

First Colony Swim Team (FCST)

We will be migrating portions of the site <https://www.swimfcst.com/page/home> into Duda, using their colors/logo to provide an updated and modern design from their current site. Their Team colors are Blue (main), Red (secondary), and White. Pull whatever images you can from their site, but feel free to use Stock photos to enhance the look and feel of pages.

Any Register links can point to <https://swimfcst.captyn.com/>

Business Email: dana.skelton@swimfcst.com

Business Phone: 281-969-8759

Business Address: 4501 Cartwright Road Suite 406, Missouri City, Tx, 77459,
United States

Instagram: <https://www.instagram.com/swimfcst/?hl=en>

Facebook: <https://www.facebook.com/SwimFCST/>

General Description:

FCST is committed to providing an enjoyable, safe, and complete swimming experience for all ages and abilities. We maintain a positive and challenging teaching and training environment in which swimmers develop individual discipline, self-esteem, and pride in individual and team achievements. In addition to athletic achievements, we encourage a fully rounded family, academic and social life.

Our program provides progressive development through a series of age group and ability/commitment levels. At each level we strive to recognize and positively reinforce each swimmer's pursuit and attainment of defined goals. At each successive level more complex stroke technique drills and advanced theory are introduced, and more practice time and endurance/dry-land work are required. Our coaching staff firmly believes that engaging in competitive opportunities teaches swimmers valuable life lessons, such as how to control anxiety and stress, and how to deal positively with both success and failure.

FCST staff, swimmers, and parents should strive to demonstrate our team values at all team functions:

- Commitment
- Integrity
- Passion/Team Spirit
- Teamwork
- Performance
- Sportsmanship

Design Instructions:

- Please make sure file/PDF download links get uploaded into Duda.
- They like the design of the <https://www.newtrieraquatics.org/> site you made, you can use that for inspiration here.

1. Home - <https://www.swimfcst.com/page/home>

- Hero Section with blurb about team
- Please copy over image slider but make it it's own section and not a background slider of the hero section
- Link Cards (please make these a photo gallery so it's easy to add or remove cards)
 - Competitive Team - no link
 - Via Program (Non-Competitive)
 - Masters Swimming
 - Private & Group Lessons
 - Register Here - <https://swimfcst.captyn.com/>
 - Evaluations
 - Pool Locations
 - Contact Us
- Team News section with default blog posts
- Copy over Sponsors

2. About FCST (Nav Folder) > Our Staff -

<https://www.swimfcst.com/page/about-fcst/our-staff>

- Standard Staff page. Please make each profile its own row.

3. About FCST (Nav Folder) > Pool Locations -

<https://www.swimfcst.com/page/about-fcst/pool-locations>

- Add Map Widgets

4. Competitive Team (Nav Folder) > Team Policies and Forms -

<https://www.swimfcst.com/page/competitive-team-info/team-forms--policies>

- Use list widget for each set of links/downloads

5. Competitive Team (Nav Folder) > Parent Support Information -

<https://www.swimfcst.com/page/competitive-team-info/volunteers>

- You don't have to use tables on the new page for the info that is in tables on this page, some other kind of formatting would be fine.

6. VIA Program (Non-Competitive) - <https://www.swimfcst.com/page/league>

- Add a couple images to break up the text a bit

7. Masters Swimming - <https://www.swimfcst.com/page/system/res/141389>

- a. Add a few images
- 8. Private & Group Lessons -**
<https://www.swimfcst.com/page/learn-to-swim1/summer-2023-learn-to-swim-information>
- 9. Evaluations -** <https://www.swimfcst.com/page/system/res/141437>
 - a. This info does not need to be in a table, just separate the Competitive and Swim League sections
- 10. Safe Sport -** <https://www.swimfcst.com/page/safe-sport>
- 11. Triathlon -** <https://www.swimfcst.com/page/triathlon>
 - a. Add images
- 12. Contact Us -**
 - a. General contact page with form