



## Carrollwood Village Swim Team

### School Year Practice Schedules

<b>Bronze Group</b>	4:30-5:30pm (Mon-Thu)
<b>Silver/Gold Group</b>	4:30-6:00pm (Mon-Thu)
<b>Senior 2 Group</b>	5:10-7:30pm (Mon-Thu) 4:10-6:30pm (Fri) See Senior Calendar (Sat)
<b>Senior 1 Group</b>	5:10-7:30pm (Mon-Thu) 4:10-6:30pm (Fri) See Senior Calendar (Sat)
<b>Morning Swim Group*</b>	5:00-6:30am (Mon/Wed/Fri)
<b>Morning Weights Group*</b>	5:00-6:00am (Tue/Thu) See Senior Calendar (Sat)

*\* You must have permission from Jim, in advance, to participate in these practices.*

#### MEET POLICY FOR HIGH SCHOOL SWIMMERS

High School swimmers will be allowed to swim in meets, as long as they meet the following practice attendance requirements.

High School swimmers must make four (4) practices each week, at CVST, to be eligible to participate in the CVST/USA Swimming Meets. They may come to the morning practice before school and on Saturdays. If the High School has morning practices in lieu of afternoon practice, or if High School Coaches allow swimmers to come to CVST practices instead of High School practices, the swimmer may then attend the evening practice at CVST. Swimmers are not permitted to attend an afternoon High School practice and the evening CVST practice on the same day.

Swimmers are responsible to maintain their 100% attendance (4 practices per week) up to the first day of the meet they have entered. If the attendance falls below 100%, the swimmer will not be permitted to swim in the meet and that swimmer will be responsible for all entry fees and charges incurred by entering the meet.

Four practices per week is only the minimum and all High School swimmers are strongly encouraged to make as many CVST practices as possible.