

Subj: **CVST E-mail Update - January 14, 2008**
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 From: [CVSwimTeam](#)
 To: [CVSwimTeam](#)
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Dear CVST E-mail Update Recipient,

[Click Here](#) for Upcoming Events & Important Deadlines

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1. Mayer Named December 2007 SOM
2. Total Team Wares Sale for CVST
3. Swim Shop Ordering CVST Caps
4. Bukh & Mayer Jingle Their Way to JO Cuts
5. CVST Has 4 Ranked in '07 National Internet Distance Challenge

Mayer Named December 2007 SOM

The [CVST Coaching Staff](#) has selected Chase Mayer (12) of the CVST Senior 2 Practice Group as the December 2007 [CVST/Speedo Swimmer of the Month](#). Chase earned the distinction based on his performances at the [2007 Florida Swimming B Championships](#) and [CAT Jingle Bell Meet](#), both held at the Long Center, in Clearwater. At the B Championships, Chase swam to three best times in three events and then a week later at the Jingle Bell Meet, he went seven best times, including a 39+ second drop in the 500 Freestyle. Congratulations Chase and keep dropping those times! [Click Here](#) for more CVST Speedo Swimmer of the Month Information including past winners.

Total Team Wares Sale for CVST

Hi CVST,

Total Team Wares will NOT be in attendance at this years Spring Junior Olympic Championships hosted by Clearwater Aquatic Team. A local triathlon shop has been chosen as the exclusive vendor for this meet. We at Total Team Wares would like to continue to serve your team like we have in previous years. For this reason we would like to extend to you and all of CVST a special offer valid until February 24, 2008.

Special Offer
15% Off all racing suits

<p>Free Shipping on all orders with a racing suit</p>

Just mention the special offer when you place an order at meets held other places than Clearwater of by phone at 1-800-888-8843.

Swim Shop Ordering CVST Caps

The CVST Swim Shop is ordering "Name" swim caps in both latex (thin) and silicone (thick). There is a two cap minimum when ordering. You must order 2 of the same kind of cap.

Latex \$10 x 2 = \$20 per order * Silicone \$17 x 2 = \$34 per order

Orders must be accompanied by a check or cash (no charges). Please put Order Form (available on Swim Shop Page) along with payment in Swim Shop mail box, at the pool, attention Jan Volz by Monday, January 21st. No orders will be taken after this date. If you have any questions please contact Jan Volz at janvolz@tampabay.rr.com or 920-3153 (Home), 760-9869 (Cell). [Click Here](#) to go the the Swim Shop Page and download an Order Form.

Bukh & Mayer Jingle Their Way to JO Cuts

CVST swam extremely well this past weekend at the [CAT Jingle Bell Meet](#), in Clearwater at the Long Center. Julia Docobo (9), Kristen Docobo (12), and Kaylee Hession (13) swam to 100% best times in the meet. Kendall Cappadoro (13) swam to best times in 5 out of her 6 events and Chase Mayer (12) swam to best times in 7 out of his 9 events and also picked up a new Junior Olympic qualifying time in the 11-12 Boys 100 yd Backstroke. Rikke Bukh (12), Michelle McClendon (11), and Courtney Prima (12) all swam to best times in 4 out of their 6 events. Bukh also qualified for the Junior Olympics Meet in the 11-12 Girls 200 yd Freestyle.

Congratulations to all of our CVST swimmers on a great job. For all of CVST's results from the meet, [Click Here](#).

CVST Has 4 Ranked In '07 National Internet Distance Challenge

The [USA Swimming 2006-2007 National Internet Distance Challenge](#) results are finally out, and all four of CVST's entries were ranked in the Top 25 in the Country for this swim year. CVST was led by Allison Nelson, 14 at the time, who finished with a 9th place ranking in the Senior Girls 5000 yard distance. Erica La Voy, also 14 at the time, finished with a 15th place ranking for the 14 year old girls in the 3000 yard distance. Chase Mayer, 11 years old when he swam, also captured the 14th place ranking, his coming in the 11 year old boys 2000 yard event, and Katie Westbrook, 15 at the time, came away with the 18th place ranking in the Senior Girls 5000 yard distance. Congratulations to all of our Distance Challenge entrants for 2007 and remember the [2008 GCST Distance Challenge](#) is coming up January 26th, at Gulf Coast University, in Ft. Myers.

[Click Here](#) for all of CVST's Results.

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Start the year off right. [Easy ways to stay in shape](#) in the new year.