

Subj: **CVST E-mail Update - January 31, 2008**
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 From: [CVSwimTeam](#)
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Dear CVST E-mail Update Recipient,

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1. Mayer Named December 2007 SOM
2. Distance Crew Swims at FGCU
3. CVST Ordering Team Warm-up Suits
4. CVST Masters Program Meeting February 6th
5. Total Team Wares Sale for CVST
6. Practice Caps Available for a Buck!

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.

Distance Crew Swims at FGCU

CVST sent their "Distance Crew" down to Florida Gulf Coast University this weekend for the Annual [GCST Distance Challenge](#). CVST's shortest event of the meet was the 2,000 Freestyle and the longest was the 5,000 Freestyle. The team had eight swimmers travel to Ft. Myers on the team trip and all performed well. The youngest members of the group, Emma Volz (12), Rikke Bukh (12) and Chase Mayer (12) all swam the 2000 Freestyle. For Volz and Bukh it was their first time swimming the distance, and they looked like old pros while qualifying for the [Florida Swimming Open Water Championships](#) coming up this May. Emma finished 5th (25:11.53) and Rikke 8th (25:24.40) in the 11-12 Girls age group. Mayer who swam the event last year dropped his time by over three minutes and finished 7th (25:23.41) in the 11-12 Boys age group.

Maria Zambito (13) was CVST's only entry at the 3,000 yard distance and she had never swam anything over a 500 prior to the event. Maria had a great swim going 44:36.08, while placing 9th in the 13-14

Girls age group.

The final four member of the Distance Crew all swam in the Senior Girls Age Group and were the only Girls to attempt the 5,000. Not only did they attempt the distance, but they all qualified for this spring's [Florida Swimming Open Water Championships](#). Gina Mayer (18) finished first with a 59:11.76; Allison Nelson (15) was second with a 1:00:06.94; Katie Westbrook (15) was third with a time of 1:01:46.74; and Erica LaVoy (15) finished 4th in her first attempt at the distance with a 1:05:46.24.

Congratulations to our Distance Crew on a great job!!! For all of CVST's Results from the meet, [Click Here](#). For pictures from the meet, [Click Here](#).

[CVST Ordering Team Warm-up Suits](#)

The [CVST Swim Shop](#) is now taking orders for a matching nylon sweat suit in navy with white accents. The CVST embroidery logo will be on the left front of the jacket. The warm-up features an 100% nylon shell, jersey lining, elastic cuffs, open jacket bottom, gusset ankle pant with a 12" side zipper and cinch leg. The total cost for this warm-up will be \$44. Please check out the size range below and order accordingly, these are Men's chest sizes. This warm-up is not mandatory but we have had several requests to order Them. Questions please contact Jan Volz, Swim Shop at 920-3153 or e-mail javolz@tampabay.rr.com. Orders are due in no later than Wednesday, February 6th at 6:30 pm. [Click Here](#) for more information and to download an order form.

[CVST Masters Program Meeting February 6th](#)

CVST is gearing up for the restart of their [Masters Program](#). There will be another informational meeting for all those interested in the program, on Wednesday, February 6th at the [Emerald Greens Pool](#) at 7:00pm. All of the information on the program, from practice times to the program fees will be available at the meeting. The program that will be offered is a low-key masters team for those adults who want to stay or get into shape by training in a fun team atmosphere. Swimming is a lifetime sport. No experience is necessary to begin and you have a lifetime to learn. We look forward to seeing you on February 6th. For More information contact Randy Johnson at 813-961-1368 x 145 or at CVSTRandy@aol.com.

[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 ctice 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
Free Shipping on all orders with a racing suit

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.

Practice Caps Available for a Buck!

While they last, we have blue individually wrapped latex practice caps by Finis, for only \$1.00. If you want to pick up 1 or 10, they are available for a dollar while they last. Just see Jim at the pool to get yours.

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