



at
Emerald Greens

Mailing Address:

P.O. Box 271225
Tampa, Florida 33688

Physical Address:

Emerald Greens
Golf & Country Club
13985 Clubhouse Drive
Tampa, Florida 33688

Contact Us At:

Phone: 813-961-1368
Fax: 813-962-0971
Email: CVSwimTeam@aol.com

Coaching Staff:

HEAD COACH
Jim Kelly
HEAD AGE GROUP
COACH
Randy Johnson
ASSISTANT COACH
Kallie Krusoe

Office Hours:

Tuesday-Friday
10:00 am - 3:00 pm

Web Site Address:

www.carrollwoodswimming.org



Carrollwood Village Swim Team, Inc.

"The Will To Win, Is Not Nearly As Great As the Will To Prepare To Win."

CVST PRACTICE RULES (Bobby Hicks)

1. Remember that we are guests at Bobby Hicks. Act accordingly:
 - No running
 - No balls allowed on the deck, in the restrooms, or in the parking lots.
 - Stay off of the bleachers.
 - Stay out of the bushes, off the grass etc..
 - No food allowed in the complex.
 - Be on your best behavior at all times.
2. Bring and take home your practice equipment every day.
3. Put your name on your equipment. You are responsible to have your own equipment at every practice.
4. Do not enter the Bobby Hicks Complex until a Coach is present.
5. Do not get in the water until your Coach tells you to. Wait patiently for practice to begin in the designated area.
6. The Diving Boards are not to be used at any time.
6. Enter and exit the pool area from the East Gate. Practices are closed to all spectators unless the Coaching Staff grants prior permission.
7. Notify the Coaching Staff if you are going to miss any practices. This should be done before missing any practices.
8. All swimmers must remain inside the pool area from the time they are dropped off for practice, until their parents arrive to pick them up after practice. Parents should drop swimmers off no later than 15 minutes before a scheduled practice at Bobby Hicks so lane ropes can be put in before the schedules starting time. Parents should pick swimmers up no later than 10 minutes after the scheduled practice.
9. Check the CVST Website regularly for important information.
10. Sign-up for the CVST E-mail Updates on the Website as this is one of the team's primary means of communication.
11. General Practice Rules:
 - Be ready to start practice on time with suits, caps, goggles and equipment.
 - Pay attention to your coach. Allow others to pay attention too.
 - Help your teammates.
 - If you have a question, ask your Coach.
 - Ask permission if you have to leave the pool for any reason (bathroom, water fountain, etc.).
 - Swim all strokes legally and do all turns properly.
 - Do not stop or interfere with your teammates during sets.

If there are any questions or don't feel you can abide by these rules, see your Coach immediately!