



## **Carrollwood Village Swim Team Masters at Emerald Greens**

- Who we are:** The Carrollwood Village Masters are a group of adults that get together and swim for fun, fitness, and friends. Swimming is a lifetime sport in which people of all ages can participate. Although the team and its members are registered and run under the auspices of United States Masters Swimming and the focus will be for competition, we have swimmers who train in a team environment for a variety of reasons. Some just want to get into shape and stay in shape. Others may want to train for competition. Still others may want a group of friends to swim with. Regardless of the reason why we swim, everyone receives expert instruction in a fun and positive environment.
- Coaching Staff:** Randy Johnson: CVST Head Masters Coach, CVST Head Age-Group Coach,  
  
Jim Kelly, Kallie Krusoe
- Coaching Philosophy:** To make swimming fun, to do what is best for the athlete, and to offer and expose our athletes to the newest in training and stroke techniques.
- Seasonal Practice Schedule:** September – May  
Monday, Wednesday, Friday 6:00-7:00am  
Tuesday, Wednesday, Thursday 12:00-1:00pm, 7:30-8:30pm  
Saturday, 10:00-11:00am  
  
June – August  
Monday, Wednesday, Friday 6:00-7:00am  
Tuesday, Wednesday, Thursday 7:00-8:00pm  
Saturday, 10:00-11:00am
- Fees:** \$50/month plus annual USMS registration