



CVST Training Equipment

CVST swimmers are required to have certain training equipment depending which practice groups they swim with. The required equipment is as follows:

Bronze Practice Group - Kick Board & Fins

Silver-Gold Practice Group - Kick Board, Fins & Pull Buoy

Senior 2 Practice Group - Kick Board, Fins, Pull Buoy, Stroke Maker Paddles (LG-Red) & Drag Suit

Senior 1 Practice Group - Kick Board, Fins, Pull Buoy, 2 Pair Stroke Maker Paddles (LG-Red & XXL-Green), Swimmers Snorkel with Cardio Cap & a Drag Suit

Where to get your training equipment:

Total Team Wares - 1-800-888-8843 - www.totalteamwares.com - Ask for CVST Team Price.

- Kick Board, Fins, Pull Bouy (one piece), Stroke Makers Paddles, Drag Suit

SwimOutlet.com - 1-800-691-4065 - www.swimoutlet.com

- Swimmers Snorkel with Cardio Cap

CVST Team Suits

CVST Team Swim Suits (for swim meets only) are available through Total Team Wares - 1-800-888-8843 - www.totalteamwares.com - Ask for CVST Team Price.

Other CVST Team Items

The following team items can purchased through the CVST Swim Shop. For more information, contact CVST Swim Shop Director, Jan Volz at 760-9869 or janvolz@tampabay.rr.com.

CVST Team Swim Caps – CVST Mesh Swim Bags – CVST Team T-Shirts – CVST Parent Polos – CVST Sweatshirts – CVST Sweatpants – CVST Hoodies – CVST Parkas – CVST Shorts and More...