



at  
*Emerald Greens*

**Carrollwood Village Swim Team**

**13985 Clubhouse Drive \* Tampa, Florida 33618 \* (813) 961-1368**

**Head Coach – Jim Kelly**

### **CVST AT EMERALD GREENS PRACTICE RULES**

- 1 Remember that we are ambassadors of, and represent the Carrollwood Village Swim Team. Act accordingly:
  - Follow all pool rules.
  - Follow all CVST rules.
  - Do not leave bags in locker rooms.
  - Locks may not be left on lockers over night.
  - No food allowed in the locker rooms.
  - 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 get in the water until your Coach tells you to. Wait patiently for practice to begin.
- 5 Enter and exit the pool area through locker rooms. Practices are closed to all spectators unless the Coaching Staff grants prior permission.
- 6 Notify the Coaching Staff if you are going to miss any practices. This should be done before missing any practices, however there is voice mail to leave messages if you have to miss and cannot let the Coaches know ahead of time.
- 7 All swimmers must remain inside the pool gates 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 earlier than 10 minutes before practice and should pick them up no later than 10 minutes after practice.
- 8 Check your CVST Mail Box at the pool before or after each practice for important information.
- 9 Only the Coaching and Aquatics Staff is allowed in the Pool Office.
- 10 Rules During Practice:
  - Be ready to start practice on time with suits, caps, goggles and all 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.

***“The Will To Win Is Not Nearly As Great As The Will To Prepare To Win!”  
Always give 100% during practices.***

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