



Carrollwood Village Swim Team
13985 Clubhouse Drive * Tampa, Florida 33618 * (813) 961-1368

Miscellaneous Information for CVST Parents:

Make Sure You Are Verified: (My Account > Account Info)

We're asking you to take a moment to verify at least one email address and one phone number to ensure that we can communicate with you reliably. In the same screen that you'll use to verify your email addresses, you can add mobile phone numbers to allow team administrators and coaches to send timely text messages.

Web Site Help & Training: (Help Center)

Offers Tutorials for: OnDeck Parent App (iOS & Android Devices); Understanding Events/Meets; Understanding Your Billing; And Much More.

CVST Team Handbook: (Home Page under CVST Member Info)

This is a living document and is intended to provide information and also be a guide for the parents and the swimmers of the Carrollwood Village Swim Team. All information in this Handbook is subject to change without notice. Please check the CVST Website (www.CVST.org) on a regular basis for any changes.

CVST Swim Shop Information: (Home Page under CVST Member Info)

The CVST Swim Shop is offered to CVST team members as a service of the CVST Coaching Staff. The CVST Swim Shop is a combination of direct sales through the Swim Shop Directors, All-American Swim/TTW, the official CVST Team Vendor for our Speedo branded gear, including Team Swim Suits and SwimOutlet.com where they donate 7% back to the team on every purchase made through the CVST Website's SwimOutlet.com Portal. You can purchase your white CVST Team Shirt, Team Caps and more CVST Logo'd merchandise by contacting our Swim Shop Directors.

Other Questions: Ask!

Coaching Staff - Please do not be afraid to ask the Coaches any questions. We have heard them all over the years and may even have an answer for you. With that said, please do not ask questions or try to talk to the Coaches during a practice. This time is for the Coaches and the Swimmers. Catch your Coach before or after a practice, or send an email.

New Parent Liaison - You can also ask our New Parent Liaison, Vanessa Herrera, a parent who is there to help integrate new swimmers and parents into the CVST program. If she does not know the answer to a question she will know where to get the answer for you.

Coaches Emails - Jim: Jim@CVST.org;
Randy: Randy@CVST.org;
Maria: Maria@CVST.org;
Emma: Emma@CVST.org;
Meredith: Meredith@CVST.org.

REGISTRATION INFORMATION & AGREEMENT

*All CVST Members Must Meet the Minimum Membership Requirements
of the Carrollwood Village Country Club*

(Information & Fees Below Subject to Change Without Notice)

Fee Information

Each CVST Family Account will be billed on the last day of each month (Credit Card on file). A one week trial period for new swimmers is available at the discretion of the Coaching Staff and with a Trial Registration Form and MAAPP Release completed. Refunds will be made only if written notification is received by the CVST Treasurer prior to the end of the first week of practice. Swim fees consist of:

1. Registration Fee
 - a. Due annually for continuing swimmers.
 - b. Due at registration for new swimmers and those returning to team after not being registered or active for any period of time.
2. Program Fees
3. USA Swimming Registration
4. Entry Fees for Meets/Events
5. CVST Swim Shop Charges
6. Other Fees Associated with CVST Activities

Swimmers joining the team with four weeks of the session or more past, will be allowed to subtract \$35 from the Program Fees for that session. The following fee schedule will go into effect for the last four weeks of all sessions: \$25 per week.

In the Summer Session only, a swimmer may subtract \$35, from his/her Program Fees if he/she will miss four or more consecutive weeks of practice during the session. A written notice of the exact dates must be e-mailed to the CVST Treasurer at Pam@CVST.org prior to the sessions billing Due Date.

Entry Fees for Meets:

Once the entry fees for a meet have been sent, there is no way of recovering those fees, whether or not your swimmer actually swims or not. The team, and therefore you, are committed to that expenditure. If a swimmer is scheduled to swim a relay and is a "no show" then that swimmer may also be charged the total relay fee for that relay. Entries must be received by a host club a minimum of ten days prior to the first day of the meet, most of the time much earlier to ensure the team's entry is accepted. Entry fees for swim meets must be paid by CVST at the time entries are mailed; therefore, it is the policy of CVST to bill entry fees for each swimmer as soon as possible to recover the expenditure. These Meet Entry Fees may be billed prior to a meet or shortly after a meet and may be billed individually to your credit card on file with the team or billed on the last day of each month to the credit card on file along with any other charges due to your account. Meet entries generally vary from \$2.50 to \$25.00 per event plus a facility fee of up to \$25.00 per swimmer, depending on the type of meet. There is also a "Coaches Fee" of \$10.00 per swimmer when he/she is signed up for a meet.

Meet Entry Fees may be billed prior to a meet or shortly after a meet and may be billed individually to your credit card on file with the team or billed on the last day of each month to the credit card on file along with any other charges due to your account.

Family Commitments & Fund Raising:

Fund Raising is an essential part of our program. CVST holds a number of small fund-raisers each year, as well as the Boys & Girls Club National Championships, the Annual Tampa Bay Swim Classic and the CVST Sweetheart Meet (the team's major fund-raising events of the year). Full parent and family participation are required at all these fundraising events. With the Boys & Girls Club Nationals, the ?Classic? and the Sweetheart Meet, parents are required to work a minimum of 3 out of the 5 sessions at each of the meets (This requirement applies even if your child does not swim in these meets). A \$100.00 service fee will be assessed per session for families that do not meet this service commitment at each of these meets.

Insurance:

CVST provides no insurance coverage. Parents are encouraged to provide adequate insurance protection to cover any accident that might occur traveling to, participating in, and returning from any activities for the Carrollwood Village Swim Association, Inc. (CVST). The USA Swimming registration fee does include a minimum insurance coverage while participating in USA Swimming sanctioned meets and practices.

Payment/Online Credit Card Processing:

Online Credit Card Processing is mandatory for all CVST Age Group Accounts. Your account will use your credit card to pay your dues, entry fees and other monthly expenses. We have secure online credit card processing with our billing system that dramatically reduces the amount of time our volunteers spend trying to collect money.

It's simple to enable our electronic payment processing system. Simply visit our team website at www.cvst.org to Sign In into your account. If you do not have a username and password, please email (Info@CVST.org) to request access from a team administrator. Once logged in:

Click on *Your Name* at the top right of the Home Page

Then Click on *My Account* in the drop-down menu.

Then Click on *Payment Setup* under the Account Name on that page and follow the instructions.

You can review monthly invoices outlining what your credit card has been debited for and you can review your current and past billing histories through the “My Account” section of our team website.

If a Credit Card attached to an account is declined for any reason,

- a. The Account will have until the 10th day of the following month before their swimmers will be fully suspended from the team, unless previously arranged or approved by the CVST Board.
- b. At this point a letter/email will be sent to the address on the account and will read that the swimmers cannot participate in any/all team functions and events, including practice. And cannot incur any additional charges.
- c. The letter will also include that the family has Five (5) business days from notification to resolve the issue, or their Account will be sent to our Collections Agency.

Please maintain an active email address that you frequently access as there will be frequent communications both for billing and other team functions. You may also input additional email addresses should you have them.

TARDINESS

There is nothing more disruptive to a coach and his workout organization than to have swimmers entering the workout late. Please do all that you can to be on time and in the water at the time the workout is scheduled to begin (swimmers who are late for a practice may not be allowed to swim that day). Also it is very important that parents are prompt when picking their swimmer(s) up after practice. The Coaching Staff is busy coaching and not available to chaperone and baby-sit. As a rule, swimmers should arrive at the pool no earlier than ten minutes prior to a practice and should be picked up no later than ten minutes after a practice.

ILLNESS AND INJURY

If a swimmer is ill or injured and cannot attend a workout, it is his/her responsibility to call the Tennis & Aquatic Center (TAC)/Coach and advise the Coaching Staff prior to that practice. The TAC has a receptionist so a message can be taken and delivered to the Coach. Do not use e-mail or texting for this purpose as our coaches do not usually carry cell phones on deck. If you are ill or injured do not come to practice.

PARENTS AT WORKOUTS

To avoid distractions to the swimmers and Coaches while in practice, parents are not allowed on the deck during practices and parents should never try to talk to their children during a practice without going through the Coaches first. Parents may observe practices from the east end of the pool. If you would like to discuss the progress of your child, please contact your child's Coach to set up an appointment. Meetings will be scheduled at a convenient time for the Coach and parent, but they will not take place during a practice.

PARENT VOLUNTEERS

The success of any swim program depends greatly on the amount of parental help and number of volunteers. The team parent group often reflects the overall quality and level of standards maintained in a swimming organization such as CVST. There are many areas in which one can contribute his or her time and effort. There is always a need for timers, officials, etc., at swim meets. Activities must be well planned and organized; car pools must be formed; records must be maintained; fundraisers must be organized, etc. The list is endless. If you are interested in becoming more involved, please contact the CVST Vice-President, or any member of the CVST Swim Board.

ONDECK – CVST WEB SITE MOBILE APPLICATION

Meet OnDeck, the most revolutionary mobile swim team application for swim parents is ready for you to download now! Even better, OnDeck is Free!

CVST E-MAIL & SMS

The CVST E-mail is used when deemed necessary by the Head Coach or the Swim Board, to get CVST information, to all team families and others signed up for this service. All CVST Athletes Families are automatically signed up for this service through their CVST web site registration.

The SMS (Text) System has been put in place to assist the Coaching Staff and Swim Board in getting important urgent information out to the team on short notice. The SMS Updates although optional, are highly recommended and are used for items such as

weather updates, practice cancellations, day of meet information and other situations requiring immediate attention. You must sign-up for this option on the CVST website under your account log-in.

MAAPP & SAFE SPORT FOR PARENTS

The USA Swimming Safe Sport program offers FREE parent education for our membership. The course is online and takes about 15-20 minutes to complete. We have had overwhelmingly positive reviews from those who have taken it but there are many more parents out there who should have this important information – please share the link below with your membership, post it to your website, and promote it at your LSC meetings. We are all responsible for making sure our children are safe in swimming!

The course is available at <http://www.usaswimming.org/DesktopDefault.aspx?TabId=1960&Alias=Rainbow&Lang=en> under the header “Free Training for Parents”.

CVST PARENTS CODE OF ETHICS

I hereby pledge to provide positive support, care and encouragement for my child/children participating on the Carrollwood Village Swim Team by following this code of ethics.

I will encourage good sportsmanship by demonstrating positive support for all swimmers, coaches, and officials, at every meet, practice or other youth sport event.

I will place the emotional and physical well-being of my child/children ahead of any personal desire to win.

I will insist that my child/children participate in a safe and healthy environment.

I will provide support for coaches and officials working with my child/children to provide a positive enjoyable experience for all.

I will demand a drug, alcohol, and tobacco-free sports environment for my child/children and agree to assist by refraining from their use, within the immediate activity area, at all youth sports events.

I will remember that age group swimming is for children and not for adults.

I will do my very best to make age group swimming fun for my child/children.

I will ask my child/children to treat other swimmers, coaches, spectators, and officials with respect regardless of race, sex, creed, or ability.

I will promise to help my child/children enjoy the swimming experience within my personal constraints by assisting with the CVST Parent Board, being a respectful spectator, providing transportation or whatever I am capable of doing.

I will adhere to all Carrollwood Country Club, USA Swimming and CVST Rules and Regulations.

I will abide by all CVST Family and Fundraising Commitments as described in the CVST Registration Information Packet.

USA SWIMMING SAFETY NOTICE TO PARENTS

To avoid risk of serious injury, no swimmer who has not been properly trained should attempt to perform a racing start, from either a starting block or the side of the pool, into less than six feet of water.

USA Swimming has implemented a racing start certification program where a swimmer's coach documents his or her professional judgment that a swimmer has demonstrated sufficient skills to safely perform a racing start into four feet of water.

Although somewhat unusual, swimmers do not always participate in swimming competitions under the supervision of a certified coach. It is the parent's responsibility to make sure the swimmer does not attempt to perform a racing start in less than six feet of water if the swimmer has not been properly certified by the swimmer's coach to do so.

MEET ENTRY POLICY/PROCEDURE

Swimmers will only be able to enter swim meets if their account balances are up to date and less than 30 days past due.

NON-CVST HOSTED MEETS

The procedure for the entry policy works as follows: Information on a given meet will be posted on the CVST Web Site with a CVST Sign-up Deadline. It will then be the responsibility of the Parent/Swimmer to sign-up for the meet on the web site prior to the posted CVST Sign-up Deadline, if the deadline is not met, that the swimmer will not be entered in that meet. If a swimmer is not entered and the Meet Entry Deadline has not passed and the host team is still taking entries, that swimmer may be entered in the meet, but will be charged a Late Entry Fee of \$15.00. In the event a meet is cancelled, postponed, or rescheduled, it is the responsibility of the swimmer or the swimmer's parents to notify the

Coaching Staff of that swimmer's intentions of swimming in the meet. This must be done by the Monday immediately following the originally scheduled meet. It is the Meet's Host Club that will decide on any refunds that may be given.

Signing up to swim in a meet on the web site, does not mean that the swimmer will be entered in that meet. Swimmers are always entered in meets at the discretion of the Coaching Staff, and the final decision on events swum in meets is also at the discretion of the Coaching Staff. Once meet entries have been completed, they will be uploaded to the CVST

Web Site. It is the responsibility of the swimmer and his/her parents to check the entries on-line, prior to the meet's entry deadline, for any mistakes and or omissions, and to also notify the Coaching Staff prior to the entry deadline if there are any.

CVST HOSTED & CHAMPIONSHIP MEETS

CVST Hosted Meets (For example: Friday Night at the Races, CVST Blue/Green Meet, PCL Home Meets, CVST Invitational, Tampa Bay Swim Classic, Speedo Boys & Girls Club National Championships), Junior Olympics, Senior Championships, Sectionals, Zones, US Open, Junior and National Championships are considered "Automatic Entry Meets" and those swimmers who qualify for these meets are automatically entered at the discretion of the Coaching Staff, unless notified, in writing or on the CVST web sites sign-up page, for that meet, that the swimmer will not be available for the meet. If done on the web site, a reason must be typed into the comment box to ensure that the swimmer is not entered. This must be done by that meet's Registration Deadline, which is also posted on the CVST web site. If this is not done, the swimmer will be responsible for the full entry fees incurred by the team.

FAMILY COMMITMENT & FUNDRAISING

Fund Raising is an essential part of our program. CVST holds a number of small fund-raisers each year, as well as the Boys & Girls Club National Championships, the CVST Sweetheart Meet and the Annual Tampa Bay Swim Classic (the team's major fund raising event s of the year). Full parent and family participation is required at all these fund-raising events.

With both the Boys & Girls Club Nationals, the Sweetheart Meet and the Classic, parents are required to work a minimum of 3 out of the 5 sessions at each meet. A \$100.00 service fee will be assessed per session for families that do not meet this service commitment at each of these meets (This requirement applies even if your child does not swim in these meets).

WHAT IS EXPECTED...

OF CVST SWIMMERS AT PRACTICES:

1. Arrive at pool ten minutes early to dress and to stretch.
2. Be on deck ready to go on time with all of your required equipment.
3. Be at practice for the entire time.
4. Set up your practice time mentally, come to swim, improve skills and work hard. Total effort builds better swimming!
5. Learn to read the pace clocks.
6. Dry off before you leave and dress for the weather!
7. Do dry-land exercises vigorously.
8. Check you CVST Mail Box daily.

OF CVST SWIMMERS AT MEETS:

1. Wear your team suit, cap and T-shirt.
2. Mentally go through your race before stepping on the blocks; feel and act confident, you are ready!
3. Watch the other swimmers, especially the good swimmers. Learn from them.
4. When any teammate does a great job, let him know, whether in a meet or at practice.
5. Practice GOOD SPORTSMANSHIP!
6. Help teammates out, especially younger or new swimmers.
7. ALWAYS get your time after each race and be sure to report to your Coach before and after each race.

OF CVST SWIMMERS AT OTHER TIMES:

1. Think positive!
2. If a problem should arise, seek help from the Coaching Staff.
3. Be positive, criticism should be constructive, suggestions stated in a positive manner are welcomed more readily.
4. Support your team, be PROUD TO BE A CVST SWIMMER, prove that you are interested in your teammates.
5. Attend team functions.
6. Lend a helping hand, a few people cannot effectively do everything. If you do not understand, don't be afraid to ask.
7. Realize that YOU ARE EXPECTED TO REPRESENT CVST IN A POSITIVE MANNER AT ALL TIMES!
8. Help in general fund raising as required. Remember that its purpose is to provide funds to support the overall Swim Program and YOU are the Swim Program.
9. Check the CVST Web Site at least once a week!

OF CVST PARENTS FOR PRACTICES:

1. If you provide the transportation, see that your child is at practice on time (10 minutes prior) & ready to swim, and make sure your child is picked up promptly after practice (10 minutes after).
2. Make sure your child has all of their required practice equipment with them when you drop them off.
3. Allow the Coaching Staff to do their job of coaching by leaving the pool deck during practice. Remember all practices are closed unless you have the permission of the Coaching Staff.
4. Save questions until practice has been completed or for another time. Time in the water is crucial.
5. Be supportive of your swimmer and their Coaches.
6. Check your CVST Mail Box weekly.

OF CVST PARENTS AT MEETS:

1. Get your swimmer(s) to warm-ups on time!
2. Help work the meet as Timers, Marshals, Hospitality, Etc If CVST is hosting the meet.
3. Support, encourage, and congratulate all swimmers.
3. Encourage GOOD SPORTSMANSHIP and GOOD MANNERS from your child.
4. Never question an Official's judgment or come on to the pool deck during a meet.
5. Insist on enough sleep for your child and any others that might be in your care.
6. Strive for behavior at its best, 100% of the time. Discourage running and horseplay at meets and at hotels.
7. Respect other's rights to rest.
8. At home meets, help make sure team equipment is cleaned up and put away after the meet.
9. At away meets, help clean up team areas and make sure any team equipment (ie. Team Tent) is being brought home

OF CVST PARENTS AT OTHER TIMES:

1. Think positive!
2. If a problem should arise, seek help from the Coaching Staff.
3. Be positive, criticism should be constructive, suggestions stated in a positive manner are welcomed.
4. Support your team, be PROUD TO BE A CVST PARENT, prove that you are interested parents.
5. Attend meetings.
6. Lend a helping hand, a few people cannot effectively do the work. If you do not understand, ask.
7. Realize that YOU ARE EXPECTED TO HELP RUN THE MEETS THAT WE HOST.
8. Take your turn bringing team tents to to and from away meets. The team has tents available for these meets, but parents must arrange to get these tents to and from meets.
9. Help in general fund raising as required. Remember the purpose is to provide funds to support the overall team.
10. Check the CVST Web Site at least once a week!

POSITIVE ATTITUDE AND ENVIRONMENT

A supportive and understanding family environment is essential to all swimmers. Be totally aware of the amount of effort your swimmers put forth and the sacrifices they make.

Relating your confidence in your child's ability is great! But don't let it reach the point of harassment.

If your swimmer bases his entire success on meeting your demands and wishes, he will ultimately fail. Let the pressure on performance and excellence come from within the swimmer and from the Coaching Staff. This will psychologically mature your swimmer more than anything else you can do as a parent.



Carrollwood Village Swim Team
13985 Clubhouse Drive * Tampa, Florida 33618 * (813) 961-1368

CVST Team App Available for Parents On Droid, iPhone, iPod Touch, or iPad

Dear CVST Families,

TeamUnify (the provider of our Swim Team Management Software and website host) has a mobile application that will help you get more information about the swim team at your finger tips! OnDeck is a FREE Apple iOS & Android. With OnDeck you'll be able to access an astonishing amount of team information and interact with your swimmer's results, standards, attendance and much more!

OnDeck is Easy to Install and Use. Here's how:

- Visit the Apple App Store from your Apple iOS device or the Market from your Android device
- Tap the "Search" menu item at the bottom of the screen
- Type in OnDeck
- Tap on "OnDeck" [Don't Download "OnDeck" [You will not be able to sign-in]
- Install for Free

How to Sign-Into OnDeck:

- Launch OnDeck on your Apple iOS Device
- Fill-in the Username and Password Field. Use your same credentials as our team website.
- Team Alias Field: Type in: flscvst
- Once you've filled in these fields tap the "Log In" button
- You'll be asked to Sync - Please do this. (Note: the first sync can take multiple minutes).

What does TeamUnify's OnDeck do?

- View Your Account & Swimmers
 - Attendance history
 - All meet results by swimmer
 - Best times
 - Upcoming swim meets
- Swim Meet Management [Time races and compare to all other swims]
- Easily compare race results to local, LSC, Y and National Time Standards
- View all Swim Meet Results for our team
- Job Sign-Ups [View all events with Jobs and sign-up for those jobs]
- Full detailed Attendance Tracking reports for each child. [Selectable date ranges, distance swum plus more]
- View our Team News
- Splits Math Calculator [Interactive goal setting tool]
- You'll find lots of personalization options to make OnDeck uniquely yours.

Access OnDeck training and educational videos within our team website.

Sincerely,

Your CVST Coaching Staff & TeamUnify



Carrollwood Village Swim Team
13985 Clubhouse Drive * Tampa, Florida 33618 * (813) 961-1368
Head Coach – Jim Kelly

USA Swimming's Deck Pass Plus On Android & iOS Operating Systems

Dear CVST Families,

USA Swimming is excited to tell you that the Deck Pass™ is available for Android as well as iOS. Download your Android mobile application in the Android Market and for you iOS users, you can still get yours at the Apple Store.

Deck Pass™ is an innovative digital application that lets swimmers track their best times, set goals and earn digital patches for their accomplishments in the pool. It's easy, free to use and is designed to let swimmers capture what they're accomplishing in the water online and then share with their friends and family. Users can access Deck Pass™ online or via a free mobile application.

Deck Pass™ users can choose to connect their accounts with Facebook to share their swimming milestones with their friends and family. The program is also a great motivational tool that is designed to help guide to swimmers to achievements both in and out of the water. For example, if a swimmer swims a best time at a recent meet, they will automatically earn a digital patch celebrating their achievement.

While Deck Pass™ times updates are automatic for USA Swimming members, the application can be used by anyone. Whether you're a recreational swimmer, a club swimmer or even a coach, Deck Pass™ has something for everyone!

Here at CVST we have been using Deck Pass™ for many years, but beginning March 1, 2022, Swimmer of the Week program will be tied directly to the application. Those who earn Swimmer of the Week will be awarded virtual patches directly through their Deck Pass™ account. We will also be awarding other virtual patches for many other accomplishments, so now is the time to get your swimmer's account set up. After downloading and installing the application, be sure to link the account with your swimmer's USA Swimming Membership or they will not be able to receive patches from their coaches.

For more information go to usaswimming.org/DeckPass or stop in and see your coach at the pool to help you get Deck Pass™ set up.

Don't delay, this program

starts today. Sincerely,

Your CVST Coaching Staff & USA Swimming



CVST Meet VOLUNTEERS

We hold several meets per year and we are responsible for running these meets. Meets don't run themselves. The most important people in the meet are of course the swimmer and an official to start the race; but the timer holds the same value as the prior two.

CVST Parents are expected to participate with the running of the meet. We can't sit on the sidelines. Timers have the best view of the meet as they are sitting the closest to the lanes. It's easy and we will teach you. Again the meet will not start until all timing chairs are filled. Please don't let the same people sit in those chairs. There are other positions available such as concessions, hospitality, and meet marshals as well. Please see Jim for more info. We will be keeping track of who volunteers at these meets. The easiest meet to learn are the PCL Meets or Friday Night at the Races. So volunteer at these to get your feet wet (literally)!

PCL Club Meets are generally held in May. If it is away; except for the Championship Meet we don't have to time; but if it is at our pool we will need timers. CVST is known for their great volunteers so lend a hand! Your swimmer will appreciate it!

The other meets we hold are our big meets where swimmers come from everywhere. Each family is responsible for working 3 sessions at each meet. These meets are The Sweetheart Meet (February), Boy's & Girl's Club Nationals (April) and The Tampa Bay Swim Classic (Early June). The Sweetheart Meet is held at Carrollwood and the other two are held at the North Shore Pool in St. Petersburg. We are also looking into hosting Open Water Meets; more info to come.

If you are interested in becoming an official please see Jim. We need officials!

It is an important requirement that each family participate in volunteering for these meets. So mark your calendars now!

If you have any questions please let us know and we will be happy to answer them, and
Thanks in advance for your support.

Becoming an Official

A How-To Guide



Florida Swimming Office
214 E. Washington St., Ste B
Minneola, FL 34715
352-242-5145

Email: admin@floridaswimming.org

1. Attend a Clinic by a certified clinic instructor (CCI) in person or attend a virtual clinic:

Zoom Stroke & Turn Clinics offered at 8 p.m. on:

January 13th
February 10th
March 10th
April 14th
May 12th
June 9th

July 14th
August 11th
September 8th
October 13th
November 10th
December 8th

Register for the Zoom Clinic [HERE](#).

2. Fill out the apprentice form for a free 60 day USAS membership [HERE](#).
3. Open a free account on usaswimming.org and generate a stroke & turn/timer test and complete it with no less than a score of 80%. It's recommended to complete this test prior to the clinic or shortly after.
4. Apprentice on deck by signing in 1 hour prior to the start of a session. Attend the briefing, bring your apprentice form, and be assigned with a certified official mentor.
5. Within 60 days of your first apprentice session on deck, complete your USAS membership and submit to a level 2 background check and complete the free athlete protection training seminar online.
6. Learn about the Officials Tracking System: this shows you your complete history, accomplishments, and contributions to the athletes of Florida Swimming (& beyond)! It also serves as a record if you take your volunteer expenses off on your taxes.

Resources:

[2022 USAS Rulebook](#)

CVST SWIMMING

BRING A BUDDY WEEK

March 7-11



SWIMMING IS BETTER WITH FRIENDS!

For the week of March 7-11th, each athlete will have the opportunity to bring a friend to swim one practice with CVST! This is going to be an introduction to the world of swimming, however there are criteria required for each friend to meet before they are allowed to swim that vary by practice group found on the next page. Each practice group will be assigned a day that they are allowed to bring their buddy. If you have any questions about whether or not you think your buddy is appropriate to bring to a practice, please see a coach so we can clarify, for the safety of our athletes and their buddies.

Your buddy's parents are also welcome to come watch the practice and learn more about our team. Each buddy will be required to fill out the waiver attached to this flyer in order to participate. We look forward to meeting everyone and showing off what we're all about here at CVST!

Bronze

If your last name begins with A-L, March 7th is your buddy day.
If your last name begins with M-Z, March 8th is your buddy day.

Criteria:

- must be able to get across the pool without difficulty
- must be able to side breathe in freestyle
- must be able to float on their back

Silver

Buddy day is March 9th

Criteria:

- must be able to swim approximately a 50 without difficulty
- must be able to side breathe in freestyle
- must be able to perform a front flip
- must be able to float on their back

Gold

Buddy day is March 10th

Criteria:

- must be able to swim approximately a 50 without difficulty
- must be able to side breathe in freestyle
- must be able to perform a front flip
- must be able to float on their back

Senior

Buddy day is March 11th

Criteria:

- must be able to get across the pool without difficulty
- must have no difficulty receiving directions



**Carrollwood Village Swim Team
Bring A Buddy Trial Period Registration**

Swimmer's Name: _____ Age: _____

Tryout Period: _____ to _____

Mother's Name: _____ Phone: _____

Father's Name: _____ Phone: _____

Waiver

By allowing my child(ren) to take part in a trial period with the **Carrollwood Village Swim Association, Inc. (CVST)**, I agree to participate (or allow my child(ren) and family members to participate) in the **Carrollwood Village Swim Association, Inc. (CVST)** activities, and hereby release **Carrollwood Village Swim Association, Inc. (CVST)**, its directors, officers, agents, coaches, and employees from liability for any injury that might occur to myself (or to my child(ren) and family members) while participating in the **Carrollwood Village Swim Association, Inc. (CVST)** program or events, including travel to and from training sessions, swim meets or other scheduled team activities.

I agree to indemnify and hold harmless the above mentioned organizations and/or individuals, their agents and/or employees, against any and all liability for personal injury, including injuries resulting in death to me, my child(ren) and/or other family members, or damage to my property, the property to my child(ren) and/or other family members, or both, while I (or my child(ren) or family members) are participating in the **Carrollwood Village Swim Association, Inc. (CVST)** program.

Parent or Guardian Signature

Date

Print Name of Parent or Guardian