

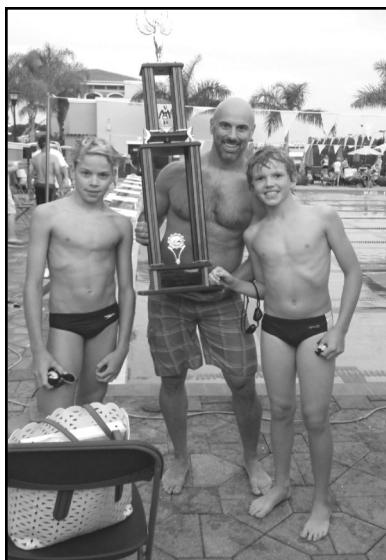


**"The Will To Win, Is Not Nearly As Great As
The Will To Prepare To Win!"**



Annual CVST Family Night

CVST Family Night - Friday, April 22, 2016



**The Tirheimer Family - 2015
CVST Family Relay Champ's.**

Family Relays - This competition is open to all CVST Families and each Relay must include three immediate family members and at least one must be a parent.

It's that time of year and we hope all of you parents are ready to race! CVST's Annual CVST Family Night and the Annual Family Relays are coming up, Friday, April 22nd, following the Annual CVST Blue/Green Meet. Once again this year we will try to hold the evening's festivities at the CCC Pool following the Annual CVST Blue/Green Meet (as long as we don't get rained out). There will be no formal charge for the evening, as the Oasis Bar & Grill, poolside, will be open for all of your food and beverage needs. We hope to see everyone there, even if you are not swimming in the Blue/Green Meet.

The evening will begin immediately following the Blue/Green Meet, and all entries for the Family Relays must be in 10 minutes after the end of the meet for seeding. There will be Preliminary Heats and then a Championship Heat being held 10 minutes after the final preliminary heat. The fastest relays from the preliminary heats will swim in the Championship Heat.

The relays will be 75 yards (25 yards each swimmer) and each relay must have at least one parent in the relay! That's right, at least one parent! The winning family will get to take the "CVST Family Relay Trophy" home with them until next year's Family Relays, and will also have their Family Name placed in the CVST Web Site until the next relays are held. The defending Champions are the Tirheimer Family (pictured at left). Who will it be this year?

We hope to see everyone there for an evening of fun and celebration!

Be sure to sign your family up for this event on the CVST Web Site by Friday, April 15th.

Parents, you better be ready for that relay!!

