



CVST Training Equipment

All 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 – Jr. Kick Board, Floating Fins & Girls Must Have Swim Caps

Silver-Gold Practice Group – Jr. Kick Board, Floating Fins, Foam Pull Buoy & Girls Must Have Swim Caps

Senior 2 Practice Group – Jr. Kick Board, Floating Fins, Foam Pull Buoy, Speedo IM Tech Hand Paddles (Small Blue), Freestyle Snorkel with Cardio Cap & a Drag Suit, Tennis Shoes for Dryland & Girls Must Have Swim Caps

Senior 1 Practice Group – Jr. Kick Board, Fins (See Coach), Foam Pull Buoy, Speedo IM Tech Hand Paddles (See Coach for size), Freestyle Snorkel with Cardio Cap & a Drag Suit, Tennis Shoes for Dryland & Girls Must Have Swim Caps

CVST Team Uniforms

CVST swimmers are required to have certain Team Uniform Items for Swim Meets. They are as follows:

All Groups: Team Suit, Team Cap (if worn), Team T-Shirt (White with Navy CVST Logo).

Where to get your Training Equipment / Meet Uniforms:

- Total Team Wares (1-800-888-8843 or www.TotalTeamWares.com) for CVST Team Suits & Training Equipment.
- Finis (www.finisinc.com) for CVST Training Equipment
- CVST Swim Shop (Jan@CVST.org) for Team Caps & Special Order Items.

For more information, contact CVST Swim Shop Director, Jan Volz at 813-760-9869 or Jan@CVST.org