



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 – Rise Jr. Kick Board, Rise Elite Training Fins, and Swim Caps (Girls)

Silver-Gold Practice Group – Rise Jr. Kick Board, Rise Elite Training Fins, Rise Elite Pull Buoy, & Swim Caps (Girls)

Senior 2 Practice Group – Rise Jr. Kick Board, Rise Elite Training Fins, Rise Elite Pull Buoy, Rise Pulse Hand Paddles, Kiefer Swimmer's Snorkel, Swim Caps (Girls), and Sneakers (Dryland)

Senior 1 Practice Group – Rise Jr. Kick Board, Rise Elite Training Fins, Rise Elite Pull Buoy, Rise Pulse Hand Paddles, Kiefer Swimmer's Snorkel, a Drag Suit, Swim Caps (Girls), and Sneakers (Dryland)

CVST Team Uniforms (required for Meets)

Required for Meets: CVST Team Suits, CVST Team T-Shirt (Grey w/Logo), Team Cap (if worn)

Optional Items: Rise Pro Team Backpack (Navy/White), Rise Team Parka (Navy), and other CVST items (offered once or twice a year by the CVST Swim Shop or Contact Vendor)

Where to Purchase

Total Team Wares/All American Swim/Kiefer Aquatics - 1-800-888-8843;
Embroidery at All Star Athletic - 7620 Gunn Hwy Ste 160, Tampa, FL 33625,
813-491-4366;
Tackle Twill at B & B Sports - 6109 N Nebraska Ave, Tampa, FL 33604,
813-238-2542.

For more information, see your Coach at the Pool.