

# Swimming & Diving Team



*"If it doesn't challenge you, it doesn't change you"- Speedo*

Swimming is one of the few sports that use every muscle in the body. It is the ultimate All-In-One fitness package!

Benefits:

- Promotes physical & mental well-being
- Many professional athletes use swimming as a cross-train program
- Motivates self-improvement & goal orientation
- Learning life-lessons of accountability, respect, sportsmanship & leadership skills

Gulf High Swim & Dive team is a varsity sport!

**When:** August 8, 2016

**Where:** New Port Richey Aquatic Center  
6630 Van Buren Street  
New Port Richey, FL 34653

**Why:** Champions are built here!

For more information contact  
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