



CLEARWATER AQUATIC TEAM HIGH SCHOOL PERFORMANCE GROUP

The Clearwater Aquatic Team, Tampa's premier swimming program, will be starting a new program called *High School Performance Group*. This group will be geared toward helping high school swimmers increase their efficiency in the water by building strength, improving technique, and providing excellent training.

The practice times for *High School Performance Group* will be Monday – Friday at the Long Center in Clearwater from 3:30-5:00PM. The cost for the group will be \$75 a month along with registering for USA Swimming (a one time fee).

CAT is lead by Olympic Coach Randy Reese. Coach Reese has been coaching for almost 35 years and has had 35 Olympians that have gone on to win 18 Gold medals, 8 Silver medals, and 9 Bronze medals.

For more information about the *High School Performance Group* please call the CAT office at 727-791-9542 or email us at christina@clearwateraquatics.com.

STARTS MONDAY, NOVEMBER 30TH!!!