



SWIM & DIVE TRYOUTS

Thinking of trying out for the Bentonville High School Swim & Dive Team? Here are some skills we are looking for:

DIVE

- ✓ Basic Dives/Body Awareness
- ✓ Grit and Perseverance

SWIM

- ✓ Ability to swim a set of 10 x 50s on a 1:00 interval (incorporating all 4 strokes)
- ✓ Willingness to work HARD, even on the hard days (be coachable)



Tryouts:

April 16th
4-5 pm

Bentonville Community Center
Pool

? lywatts@bentonvillek12.org