



# FOR IMMEDIATE RELEASE

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Central Brevard Swimming "CBS-Islanders"  
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## JOIN CBS-ISLANDERS SWIM TEAM IN PROMOTING A HEALTHIER LIFESTYLE WITH USA SWIMMING'S "FRIENDS AND FAMILY SWIM DAY"

MERRITT ISLAND, FL – USA Swimming's "We Want You on Our Team" campaign returns to Central Brevard with CBS-Islanders "Friends & Family Swim Day" on Saturday, May 31, at Merritt Island High School.

Central Brevard Swimming (CBS-Islanders) is hosting this event in conjunction with USA Swimming's second-annual "We Want You on Our Team" campaign, a multi-faceted initiative to encourage youth participation on swim teams and raise awareness of the social and health benefits of swim team membership. More than 2,800 USA Swimming clubs were invited to host "Friends & Family Swim Day" events throughout the country. USA Swimming is the national governing body for the sport of swimming.

Designed specifically for those of school age (and their parents) who are interested in learning more about joining a swim team, the action will begin at the MIHS pool at 9:30 a.m. with a no-cost, no-obligation Swim Clinic. Participants will be required to pass a swim test (25 yards, unassisted, any stroke) and must have a parent or legal guardian available to sign an authorization form. The morning will continue with swim team demonstrations and fun relay activities (with prizes!), and will end at 11:00 a.m. Coaches, Swim Team members, and parents will be available to answer questions.

Along with instilling the values of sportsmanship and teamwork, swimming offers numerous health and wellness benefits. Some facts to consider:

- Today's youth are considered the most inactive in history. <sup>1</sup>
- The percentage of young people who are overweight has more than tripled since 1980. <sup>2</sup>
- Obesity increases the risk of illness from about 30 serious medical conditions. <sup>3</sup>
- Increasing physical activity is considered the best way to fight childhood obesity. <sup>4</sup>

USA Swimming and CBS-Islanders aim to promote swimming among kids in Central Brevard as a direct route to a healthier lifestyle.

For more information on CBS-Islanders "Friends and Family Day," visit [www.cbs-islanders.com](http://www.cbs-islanders.com).

### About USA Swimming

As the National Governing Body for competitive swimming in the United States, USA Swimming formulates the rules, implements policies and procedures, conducts national championships, disseminates safety and sports medicine information and selects athletes to represent the United States in international competition. USA Swimming has more than 300,000 members nationwide and sanctions more than 7,000 events each year. For more information, visit [www.usaswimming.org](http://www.usaswimming.org).

<sup>1</sup> American Obesity Association

<sup>2</sup> Centers for Disease Control

<sup>3</sup> American Obesity Association

<sup>4</sup> Institute of Medicine