

ABOUT CENTRAL BUCKS SWIM TEAM – SAL (including CENTRAL BUCKS DIVING)

The Central Bucks Swim Team-SAL (CBST-SAL) is a competitive age group swimming and diving team made up of swimmers and divers seven years of age and older living in the Central Bucks School District and surrounding areas. CBST-SAL/CB Diving has participants at the developmental level as well as more experienced athletes. For swimming, boys and girls practice together but compete separately, while diving practices and meets are typically combined boys and girls. The Club's philosophy focuses on enjoyment of the sports of swimming and diving, as well as the development of the skills needed to achieve the fullest potential of our athletes. The values of teamwork and good sportsmanship are among the most basic components stressed to our athletes.

CBST-SAL is a member of the Suburban Aquatic League (SAL), which includes approximately twenty teams from Bucks, Montgomery, and Delaware Counties. For more details about the league visit the [league website](#). Our programs are part of Central Bucks Aquatics, a program managed by the Central Bucks Youth Programs division of the Central Bucks School District which also provides [swim lessons](#) and [swim and dive clinics](#).

Note> The predecessor teams of CBST-SAL are CBAC (Central Bucks Aquatic Club) and SWAC (Southwest Aquatic Club). CBAC began in 1969 and SWAC began in 2005. Until 2005, CBAC was the team for all Central Bucks swimmers and divers wishing to participate within the SAL. Starting in 2005 with the opening of CB South High School (so the availability of a second pool in the district), CBAC divided into CBAC (for athletes districted to CB East high school) and SWAC (for athletes districted to CB South and CB West high schools). Starting with the 2018-2019 season, the teams have again been combined based on participation levels and will compete going forward as one team within the SAL (CBST-SAL).

[For more details about CBST-SAL and CB Diving please click here.](#)

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