



Mountain Pointe HS has a fun, connected and active Swim and Dive Team! Swim and Dive is a Fall Sport, and team involvement is a great way to launch your high school experience.

IMPORTANT UPCOMING DATES AND EVENTS:

REGISTER YOUR ATHLETE! <https://www.tempeunion.org/domain/265>

TEAM INFORMATIONAL MEETING - July 26, 7-9pm at a local residence (pool & dessert)

STROKE CLINIC FOR NEW & RETURNING SWIMMERS - week of July 29 and August 5

SWIM AND DIVE SEASON OFFICIALLY BEGINS AUGUST 12!

Find us on Instagram @mphsswimdive and get on our email list for updates!

INTERESTED?

FOLLOW US! →



CONTACT US!

mphsswimdive@outlook.com



HEAD COACH

MONA NYHEIM-CANALES has more than 25 years of coaching experience and is an amazing member of our community!

JUMPSTART YOUR HS EXPERIENCE BY JOINING MPHS SWIM AND DIVE!