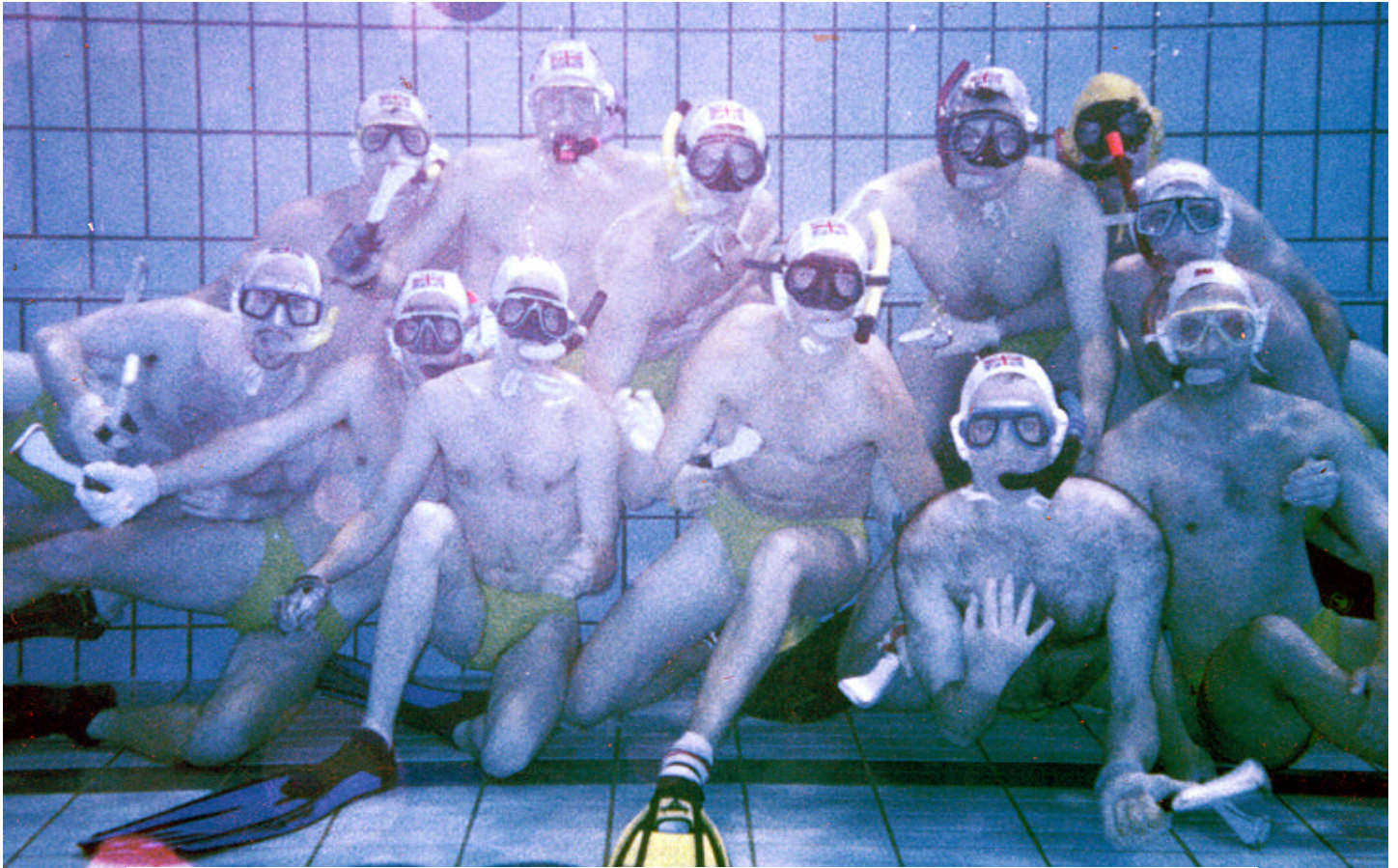


If you can hold your breath
long enough to read this,
WE WANT YOU!



GB Men's Elite team, Bronze Medallists, European Championships 1999, Kranj, Slovenia

Octopush - "Underwater Hockey" - is a fast, action-packed sport played on the bottom of a swimming pool by two teams of six players, equipped with mask, snorkel, fins, and a small wooden pusher. It was devised in Southsea in 1954, and is played in **your** area.

"If you like swimming and snorkelling, it's a chance to play a team game, and it's one of the few sports in which men and women can compete on equal terms. It's all about skill and teamwork rather than strength."

For more details, and to find out how **you** can get involved, please contact your local club: