



SEA TURTLE SWIM ASSESSMENT

The intent of swim assessment is to ensure your swimmer is ready for the swim team.

8 Years Old and Under Swim Assessment:

- Swimmers must submerge their faces in the water.
- Swim the length of the pool (25 yards) without stopping (No stopping to stand – Standing would disqualify a swimmer during a meet)
- No grabbing the edge of the pool while swimming down the length.
- It is OK if they grab the edge once they reached 25 yards, but only for a short moment, they then should swim back 25 yards without stopping.

Swim lessons are highly encouraged if swimmer can only swim the length of the pool (25 yards) and not able to swim back 25 yards. Swimming lessons are encouraged so that the swimmer can get stronger and have a positive experience on the swim team. Swim team practices involve a lot of lap swimming.

9 Years Old and Older Swim Assessment:

- Swimmers must submerge their faces in the water.
- Swim the length of the pool and back again (50 yards) without stopping (No stopping to stand – Standing would disqualify a swimmer during a meet)
- No grabbing the edge of the pool while swimming down the length and back. No resting on the wall.

Swimming lessons are highly encouraged if a swimmer can't swim 50 yards. For this age group, swim meet events include 50-yard races. Swimming lessons are encouraged so that the swimmer can get stronger and have a positive experience on the swim team. Swim team practices involve a lot of lap swimming.

Please have a conversation with the coaches if you have any questions or concerns about swim assessments.

Due to the number of swimmers on the team along with the size, temperature, and depth of middle school pool, we want to ensure all swimmers are ready physically for swim team.

Safety is our greatest concern and thank you for understanding!