

Assessments for the 2021-2022 Season

All swimmers new to the program will require an assessment to determine their group placement.

Prerequisite

Coaches look for the following skills in their assessments:

- Swimmers ages 8&U - 15m front crawl, comfortable in deep water unassisted (equivalent to Red Cross Level 3/4/Passed Preschool Lessons)
- Swimmers ages 9-10 - 25m front crawl, backstroke, comfortable in deep water unassisted (equivalent to Red Cross Level 5/6)
- Swimmers ages 11&Over - 50m front crawl, backstroke, breaststroke, comfortable in deep water unassisted (equivalent to Red Cross Level 8/9)

Assessments

We are running assessments in two groups:

- Mini-Knight Assessment - For our 8&U swimmers in Red Cross 3-5 or passed preschool lessons. This assessment is conducted in shallow water.
- Regular Assessments - Anyone 6&Over in Red Cross Level 5 and Up. This assessment is conducted in deep water.

Dates and Times Available

Sign Up can be done through the following Sign Up Genius event:

<https://www.signupgenius.com/go/409084CABA928A0FF2-20212022>

Please make sure to pick 1 slot per swimmer, and note their previous experience and age.

Tuesday, Sept 7th - SSLC

4:45-5:15 PM - Mini-Knight Assessment

5:30-6:00PM - Regular Assessment

6:00-6:30PM - Regular Assessment

Wednesday, Sept 8th - GLFD

4:15-4:45 PM - Mini-Knight Assessment

4:30-5:00PM - Regular Assessment

5:00-5:30PM - regular Assessment

Thursday, Sept 9th - SSLC

4:45-5:15 PM - Mini-Knight Assessment

5:30-6:00PM - Regular Assessment

6:00-6:30PM - Regular Assessment

Friday, Sept 10th - GLFD

4:30-5:00PM - Regular Assessment

5:00-5:30PM - Regular Assessment

Group Levels

Typically swimmers of the following levels will start in these groups, however, it can vary depending on how long ago lessons occurred, general fitness and maturity. Being the prerequisite level does not guarantee placements in a particular group.

Mini-Knights - 8&U swimmers Red Cross 3-5

Bronze - 6-10 year olds Red Cross 5-9

Silver - 6-11 year olds Red Cross 8 & Up

Gold - 6-11 year olds, Red Cross 10, knowledge of butterfly

Community Fitness Novice - 11& Over Red Cross Level 8 & Up

Community Fitness Advanced - 11& Over, knowledge of all 4 strokes, can complete 200 IM around 4 mins or faster

Schedules, information and fees for these groups can be found here: [Schedules and Fees](#)

Tips on a successful assessment

If your swimmer has not swam recently in the past couple of months, the coaches encourage swimmers to go to the pool a few times before they attend their assessment. Prolonged periods of time out of the water often leads to a regression of skill, however like riding a bike, it's easy to reacquire by getting back into it. This will help your swimmer have the best success with their assessment.

Things to focus on when preparing

- Side glide breathing on front crawl
- Legs up on back crawl
- Even whip kick with toes out
- Blowing bubbles when face is in water