

Are you a swim nerd?

by Wayne McCauley

Add 4 points if you have pockets of air in the top of your cap

Add 4 points if you think the decal/name should face forward

Add 3 points each for earplugs or nose clip

Add 1 point if you put conditioner on hair before swimming

Add 5 points if you bought the "foamiest" goggles possible

Add 1 point for every 200 yards you swim with goggles fogged during workout

Add 3 points if you wear a watch during workout

Add another 3 if you don't know how to use your watch to tell your swim times

Add another 3 points if your watch alarm goes off once a day and you can't change it

Subtract 1 point every time you got your time in your workout (-10 max.)

Add 10 to your score if you didn't get your time even once

Add 5 points if you look at the clock but lie about speed or fake that you got the time to your fellow swimmers/coach

Add 10 points if you don't know your 100 tree time

Subtract 5 points for each stroke, other than freestyle, that you have swam 200 yards or more in the last week (-15 points max.)

Add 10 points if you counted sidestroke or elementary back stroke in the previous question

Add 5 points if you don't know what an I.M. is

Add 5 points if your string sticks up out of suit

Add 20 points if your string sticks out below suit

Add 1 point for every inch of width of the side panel of your suit

Add 1 point for every \$10 that your equipment cost (including your swim bag and towel)

Add 5 points if you bring your water bottle

Add 3 points if you have a "Power drink" in the water bottle

Subtract 5 if you have Pina Colada, Margarita in the water bottle and can still make your normal intervals.

Add 2 points if you prefer to swim on your awn

Add another 2 points if others prefer you to swim on your own

Subtract 5 points every time you get your heart rate 4 X above your resting rate in workout.

Add a point for every 10% of your workout that you wear Zoomers

Add 3 points if you use any "glove" hand paddles

Add 2 points if you use the ladders, stairs or ramps

Add 1 point for every stroke you take in 25 yard pool

Over 110 Points: Always swim with a lifeguard on duty

90- 110 Points: Stay in the shallow end

70 - 90 Points: Keep trying. Did you sign the Release of Liability?

50 - 70 Points: Sign up for SPMA clinics, don't expect much but thanks for the check.

30 - 50 Points: There's hope. Perhaps try an ocean swim with a buoyant wetsuit.

10 - 30 Points: You're ready for an International Meet

Under 0: Sushi material. How wouls you like to coach a clinic.

Bonus Points: Add 10 points if you took this questionnaire seriously.

Xtra Bonus: Add 10 points if you added your score

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