**2019 FAIR OAKS SWIM TEAM ELIGIBILITY CRITERIA**

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|  | **Jr. Sharks** | **Competition Team** |
| **Start Date** | Practices start June 17, 2019 | After school practice starts May 29, 2019 Morning practice starts June 17, 2019 |
| **Age Range Recommendation** | Recommended for ages 4 to 8. All participants should have focus and social skills suited to a large group setting. Swimmer must be comfortable in the pool without parent on the pool deck. | Recommended for ages 7-18. Not recommended for anyone, regardless of age, who needs substantial rest after completing 25 meters. NVSL rules states that a swimmer competes as the age they are on June 1. |
| **Age Restrictions** | Minimum Age: 4 as of June 1, 2019 and able to pass Coaches Skills Assessment. Maximum Age: 8. | Minimum Age: 6 as of June 1, 2019. Must be able to pass Skills Assessment. Maximum Age: under NVSL rules, any swimmer that is 19 or older as of June 1, 2019 is ineligible.  |
| **Skills Assessment** | Recommended for children who can swim but are not yet comfortable swimming the entire length of the pool and children who can swim the entire length of the pool but are working to master additional competitive strokes. Swimmer must be able to jump or dive into deep water, float on stomach with face in water, swim a minimum of a 1/4 of pool in deep water unassisted without regard to quality of stroke. Selection onto Jr. Sharks is based on coach’s discretion of assessment. **Jr Sharks assessment will be held on May 28th from 4-6pm.** |  New 8&under swimmers - must swim 25 meters freestyle AND 25 meters of another stroke of their choice without stopping, touching the bottom of the pool, or holding onto lane lines.  New 9&Up swimmers - must swim 50 meters freestyle AND 50 meters of another stroke of their choice without stopping, touching the bottom of the pool, or holding onto lane lines (other than flip turn).  **A Coaches Assessment for all NEW members (including rising Jr. Sharks) will be on Tuesday May 28th from 6-7pm.** Selection onto competition team is based on this Coach’s Assessment. |
| **Pool Membership** | Swimmer cannot participate on the team without first joining the pool. Under NVSL rules, each swimmer must be part of a family member of Fair Oaks Recreation Association. | Swimmer cannot participate on the team without first joining the pool. Under NVSL rules, each swimmer must be part of a family member of Fair Oaks Recreation Association. |