

FAIR OAKS SWIM TEAM ELIGIBILITY CRITERIA

	Jr. Sharks	Sharks Competition Team
Dates	Practices generally begin the Monday after the school year ends and run through mid-July.	After-school practices generally begin the Wednesday after Memorial Day. Practices switch to mornings after the school year ends and continue through the end of July.
Age Range	Minimum age: 4 (as of June 1st) Maximum age: 8	Minimum age: 6 (as of June 1st) Recommended age: 7-18 - A swimmer who is 19 or older as of June 1st is ineligible to swim, per NVSL rules. - Swimmers compete in age groups based on their age on June 1st, per NVSL rules.
Guidelines	Jr. Sharks swimmers must: <ul style="list-style-type: none"> - be able to pass the skills assessment. - be able to focus in a large group setting. - have social skills suited to a large group. - be comfortable in the pool without a parent on the pool deck. <p>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.</p>	Sharks swimmers must be able to pass the skills assessment. The Sharks team is not recommended for anyone, regardless of age, who needs substantial rest after completing 25 meters.
Skills Assessment	Jr. Sharks assessments will be held on the Tuesday after Memorial Day, 4-6 p.m. Selection onto Jr. Sharks is based on this coach's assessment. Swimmer must be able to: <ul style="list-style-type: none"> - jump or dive into deep water - float on stomach with face in water - swim <u>a minimum of ¼ length</u> of the pool in deep water, unassisted, without regard to quality of stroke. 	Assessments for all NEW Sharks (including former Jr. Sharks) will be held on the Tuesday after Memorial Day, 6-7 p.m. Selection onto Sharks team is based on this coach's assessment. <u>New 8&under swimmers</u> - 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. <u>New 9&Up swimmers</u> - 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.
Pool Membership	Swimmer cannot participate on the team without first joining the pool. Under NVSL rules, swim team families must have a Fair Oaks Recreation Association membership.	