

Crew Swim Test

Date: Thursday, March 9, 2006
Location: Forest Hills Aquatic Center
Times: Girls Varsity & Novice: 3:00 pm-3:45 pm
Boys Varsity & Novice: 3:45 pm-4:30 pm

1. The swim test will consist of:
 - Tread water for 5 minutes
 - Demonstrate the ability to correctly put on a life jacket while treading water
 - Swim (any style) 50 yards (two lengths of the pool)The above are accomplished consecutively while remaining in the pool and wearing a full set of warm-ups/sweats.
2. This test is mandatory for all rowers and coxwains regardless of previous experience or testing.
3. This is a standard test recommended by USRowing. Your safety is at stake. This test should not be taken lightly. The coaching staff will work with any individual who may have trouble with this test.
4. Each individual is required to wear clothing appropriate for early April rowing (cold, windy weather); long sweat pants or running pants with windbreaker or sweatshirt. No running tights or spandex. Long sleeve t-shirts are not acceptable unless worn under a sweatshirt. You will be entering the water with the clothing on. We will be testing your ability to stay afloat until a safety launch can reach you if necessary.
5. Each individual must pass the swim test and have their parent or guardian sign a release of liability waiver before the individual is allowed to practice in a boat or on the water.
 - All athletes **must** shower before entering the pool area. Please shower **before** putting your long pants and sweatshirt on. All clothing being worn in the pool must be clean, no exceptions.
 - No street shoes or socks allowed on the pool deck.
 - Bring a towel and dry clothes to change into after the test.
 - Use the Ada Drive entrance; enter the Aquatic center on the lower level. Pool access is obtained through the men's or women's locker rooms.

Please be on the pool deck at your assigned time

Make-up date: Friday, March 10

(Contact Coach Comperchio for arrangements)