

FAIR OAKS SHARKS SWIM TEAM ELIGIBILITY CRITERIA

	Sharks Competition Team	Jr. Sharks	Mini Sharks
Start Date	<p>After-school practices begin the Wednesday after Memorial Day.</p> <p>Morning practices begin after the school year ends and continue through the end of July.</p>	<p>Practices begin the Monday after the school year ends and run through mid-July</p>	<p>Practices begin the Monday after the school year ends and run through mid-July</p>
Age Range	<p>Minimum age: 6 (as of June 1st) Recommended age: 7-18</p> <p>- A swimmer who is 19 or older as of June 1st is ineligible to swim, per NVSL rules.</p> <p>- Swimmers compete in age groups based on their age on June 1st, per NVSL rules.</p>	<p>Minimum age: 5 (as of June 1st) Maximum age: 8</p>	<p>Minimum age: 4 (as of June 1st) Maximum age: 7</p>
Guidelines	<p>Sharks swimmers must be able to pass the skills assessment.</p> <p>The Sharks team is not recommended for anyone, regardless of age, who needs substantial rest after completing 25 meters.</p>	<p>Jr. Sharks swimmers must:</p> <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 the length of the pool, but need substantial rest between laps, and who are working on improving stroke technique.</p>	<p>Mini Sharks swimmers must:</p> <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 are able to swim a short distance, but are not yet comfortable swimming the entire length of the pool.</p>

	Sharks Competition Team	Jr. Sharks	Mini Sharks
Skills Assessment	<p>Assessments for all NEW Sharks (including former Jr. Sharks) will be held on the Tuesday after Memorial Day.</p> <p>Acceptance to Sharks is based on the coach's assessment.</p> <p><u>New 8&under swimmers</u> - must swim 25 meters freestyle AND 25 meters of another stroke of choice without stopping, touching the bottom of the pool, or holding onto lane lines.</p> <p><u>New 9&Up swimmers</u> - must swim 50 meters freestyle AND 50 meters of another stroke of choice without stopping, touching the bottom of the pool, or holding onto lane lines.</p>	<p>Jr. Sharks assessments will be held on the Tuesday after Memorial Day.</p> <p>Acceptance to Jr. Sharks is based on the coach's assessment.</p> <p>Swimmer must be able to:</p> <ul style="list-style-type: none"> - jump or dive into deep water - float on stomach with face in water - swim one length of the pool in deep water, unassisted, without regard to quality of stroke. 	<p>Mini Sharks assessments will be held on the Tuesday after Memorial Day.</p> <p>Acceptance to Mini Sharks is based on the coach's assessment.</p> <p>Swimmer must be able to:</p> <ul style="list-style-type: none"> - jump or dive into deep water - float on stomach with face in water - swim a minimum of ¼ length of the pool in deep water, unassisted, without regard to quality of stroke.
Pool Membership	<p>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.</p>		