

## Readiness Testing Requirements

All new swimmers to the team, regardless of age, will be required to demonstrate their readiness for swim team by meeting the following criteria:

1. Swim one-half the length of the pool without assistance. This means no help from a coach or actual touching of a rope line. No kick boards or floaties.
2. Swimmer must be able to swim one length of the pool with minimal assistance in a reasonable amount of time. After swimming one-half unassisted, the swimmer may touch the lane rope but must start swimming after catching his/her breath. Swimmer cannot stop and wait at the lane rope.
3. Swimmer must be able to get out of the pool on his/her own strength (from the side of the pool).
4. All swimmers that meet the above criteria on the readiness testing date will be under a two-week probationary period during which the coach will evaluate his/her practice abilities. This includes following directions from the coaching staff as well as completing the required practice laps safely.

Arden Park's #1 priority is safety. If the Head Coach feels a swimmer is not quite ready for swim team, the swimmer will be asked to try again next year. That swimmer will be refunded all registration fees.

While almost all children that try-out make the team, it is important to remember that this is a swim team. Your child will be developing swimming skills and refining strokes, but swim practice is not to be thought of as swimming lessons. Your child should come prepared to swim 4-5 laps at the first half hour practice (6&Unders). Many parents gear up for readiness testing with private swim lessons. Some swimmers continue with these lessons throughout the season, in addition to the regular swim team practice.