

Woodrow Wilson Crew Booster Club

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Wilson Crew Swim Test

Tuesday September 3, 2019, 3:30PM, Wilson Aquatic Center

Who is required to take the swim test?

All athletes new to Wilson Crew must take the swim test.

Exceptions:

- Those of you that have already passed the swim test for the 8th grade **Learn to Row** program.
- Those of you who would rather wear an approved personal flotation device (PFD) while on the water.

Test Description

You should wear **non-cotton athletic clothing** for the test.

- Part 1: Swim 100 yards
 - Any stroke or combination of strokes
 - Speed and form do not matter
 - You should be able to do so without stopping or hanging on the ends or lane lines
- Part 2: Tread water for 5 minutes

What if you fail the swim test?

- You can still row, but you will have to wear an approved PFD at all times when you are on the water.
- Once you feel your swimming abilities and/or fitness have improved enough, inform your coach and he/she will contact us about setting up another swim test.
- See reverse side for resources on improving your swimming abilities.

Swim instruction resources

- DC Parks and Recreation - Learn to Swim Programs
 - Offered regularly for ages 11 to 17
 - \$10 for DC residents
 - <https://web1.vermontsystems.com/wbwsc/dcwashingtonwt.wsc/search.html>
- National Capital Swim School
 - <http://www.nationscapitalswimming.com/learn-to-swim-school>
- Tom Dolan Swim School
 - <https://tomdolanswimschool.com>
- YMCA DC
 - <https://www.ymcadc.org/kids-teens-swim-aquatics/>
- University of Maryland
 - <https://recwell.umd.edu/activities/community-programs/learn-swim>

