

Woodley Warrior Swim & Dive Team Eligibility Criteria

	Dive Team	Transitional Program – Mini Warriors	Competition Swim Team
Start Date	Evening practices start the Tuesday after Memorial Day. Morning practices start the next day after the last day of school for Fairfax County.	We offer two 10-day sessions. The start date can be found on the team website.	Evening practices start the Tuesday after Memorial Day. Morning practices start the next day after the last day of school for Fairfax County.
Age Range	Recommended for ages 5 through 18.	5 through 6. All participants should have focus and social skills suited to a large group setting. We, therefore, recommend that children do not start the program until completing kindergarten.	5 through 18. It is not recommended for anyone, regardless of age, who needs substantial rest after completing just one length of the pool.
Age Restrictions	Minimum age is 5 years as of June 1 st . And no further removed from high school fall/winter/spring graduation completion.	The minimum age is 5 as of June 1 st , and the child must be able to meet the Basic Skills Assessment. The maximum age is 6. (we do not make exceptions on age requirements)	The minimum age is 5 years as of June 1 st , and able to meet the Basic Skills Assessment. Under NVSL Rules, any swimmer who is 19 years or older as of June 1 st is ineligible.
Basic Skills Assessment	No previous diving experience is necessary; however, the diver must be able to swim across the pool and show an interest in learning how to dive	Test includes: (a) jump or dive into deep water; (b) float on stomach with face in water; and (c) swim half length of pool (12.5 meters) in deep water, unassisted, without regard to the quality of stroke.	The test includes swimming the full length of the pool (25 meters) unassisted with a legal stroke. Swimmers who cannot pass this test and meet the age requirement will be offered a spot on the Mini Warriors.
Meet Eligibility	In order to compete in a dive meet, a diver must be able to execute certain dives, please see the Dive Coach to determine divers meet eligibility.	Yes – as soon as the swimmer can demonstrate ability.	Yes – as soon as the swimmer can demonstrate ability.
Enrollment Cap	None.	Provisional enrollment cap of 15 total participants to ensure we are providing a safe environment for all swimmers.	None.
Pool Membership	You cannot participate in the Dive team without first joining the WRA Pool. Under NVSL Rules and for insurance purposes, each swimmer must be part of a family member's registration.	You cannot participate in the Swim team without first joining the WRA Pool. Under NVSL Rules and for insurance purposes, each swimmer must be part of a family member's registration at WRA.	You cannot participate in the Swim team without first joining the WRA Pool. Under NVSL Rules and for insurance purposes, each swimmer must be part of a family member's registration at WRA.