



### New Swimmer Evaluation Criteria

The BCSC is not a swim lesson program. To qualify for the swim team, a swimmer must be able to meet a modified version of the Red Cross Level III performance criteria. All new swimmers to the team age 10 and younger will need to pass a swim evaluation.

Swimmers must be able to demonstrate

- Swim 15 yards on their bellies (freestyle, crawl, or something kind of close)
- Float and/or tread water for 30 seconds
- Swim 15 yards on their backs
- Swimmers must be able to demonstrate an independent level of comfort in the water.
- Swimmers must be able to follow direction given from a coach
- Swimmers **do not** need to know all competitive strokes

After your child is on the team, we will help him or her become a better swimmer, as long as he/she is willing to practice and try his/her best!

If a swimmer does not pass the evaluation, families will be offered a refund of the registration fee and we hope to see you back next year!