

## Swim Test Job – 3 people

1. contact Karen (school liaison) to set up the tests, contact the new rowers, send the reminder emails, develop the swim test spreadsheet and follow up with the coaches.
  
2. Add note in newsletter – Mandatory Swim test. Wednesday 3/30, 3:45 Shen Pool. Make-up date Wednesday 4/6, 3:45 Shen Pool. Rowers can walk to the Shen pool after dismissal and change in the locker room. They will need to arrange for their own transportation home from the pool. Rowers taking the swim test will not be expected to attend practice that evening. The coaches are aware that these rowers will not be able to attend.

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Here's the verbiage I use to send the first email:

Hello Everyone,

The mandatory swim test is scheduled for Wednesday, March 30th at 3:45 at the Shen pool.

The swim test involves swimming 100 yards with **clothes on** and 100 yards in a bathing suit. After completing the laps they will need to tread water for ten minutes and then put on a life jacket in the water.

Please have them wear their bathing suit

**under light weight pants (no jeans, no shorts) & a t-shirt.**

Rowers can walk to the pool after dismissal and change in the locker room. They will need to arrange for their own transportation home from the pool.

Rowers taking the swim test will not be expected to attend practice that evening. The coaches are aware that these rowers will not be able to attend.

I'm cc'ing the person in charge of administering the swim test, should you have any additional questions.

And please don't forget to have your child bring PANTS!

Thank you, Kim