



COOKS HILL SLSC - Nippers Pool Proficiency 2017

Venue: Arnold's Swim Centre, 3 Jenner Pde, The Junction

Date: Sunday, 10 September 2017 or 17 September 2017

Fee: \$4.00 per swimmer - payable on entry, correct change to assist

All U8-U14 Participants must complete the proficiency swim for their age group.

Age Group	Timeframe	Proficiency Measure
U8	9.00am to 9.30am	Children to swim 25 metres any stroke and perform survival float for 1 minute.
U9 & U10	9.30am to 10.00am	Children attempt to swim 200 metres (8 x 25m laps) within 6 minutes.
If <u>unsuccessful</u> children will be required to swim:		
U9		25 metres any stroke and perform survival float for 1 minute.
U10		25 metres freestyle and perform survival float for 1.5 minutes.
U11 – U14	10.00am to 10.30am	Children attempt to swim 200 metres (8 x 25m laps) within 5 minutes.
If <u>unsuccessful</u> children will be required to swim:		
U11		50 m freestyle & perform survival float for 2 minutes.
U12		100 m freestyle & perform survival float for 2 minutes.
U13		150 m freestyle & perform survival float for 3 minutes.
U14		200m freestyle & perform survival float for 3 minutes.

Alternative arrangements should you be unable to attend one of the above dates.

Please print this schedule, have an accredited swim coach assess your child, complete the schedule below and return a copy to nippers@cookshillsurfclub.com.au by 25 September 2017.

Cooks Hill SLSC Nipper Proficiency Report 2017	
First Name	<input type="text"/>
Last Name	<input type="text"/>
Birthday (DD/MM/YYYY)	Age Group 1718 (eg U/9)
<input type="text"/>	<input type="text"/>
Assessment Date (DD/MM/2016)	Pool Attended
<input type="text"/>	<input type="text"/>
Instructor Name (BLOCK LETTERS)	Swim Accreditation Details
<input type="text"/>	<input type="text"/>
Signature	
<input type="text"/>	
Proficiency Measure Achieved (eg 200 metres)	Time Achieved
<input type="text"/>	<input style="width: 50px; text-align: center; font-size: small; font-style: italic;" type="text"/> <i>min</i> <input style="width: 50px; text-align: center; font-size: small; font-style: italic;" type="text"/> <i>sec</i>

If your child does not complete the proficiency swim they will not be allowed to participate in Sunday water activities until certification from an accredited swim school is provided.