



## SHELLHARBOUR SLSC SWIM FORM 2011/2012 SEASON

This is to certify that.....of Shellharbour SLSC can swim .....metres and complete a survival float of ..... minutes.

TIME TO COMPLETE (for 200m U/14's only) .....

DOB.....AGE.....

SIGNED.....

COACH'S NAME (Please Print) ..... ASC No. ....

DATE.....

CONTACT TEL NO.....

**Must be signed by accredited swim coach -ALL DETAILS MUST be filled in or the proficiency will not be accepted.**

**Min requirement is 25m plus 1min survival float**

Age Group	Pool Swim required	Survival Float Required	Open water swim required
Under 8's	25m—Any stroke	1 minute	NIL
Under 9's	25m—Any stroke	1 minute	150m open water
Under 10's	25m—Freestyle	1.5 minutes	150m open water
Under 11's	50m – Freestyle	2 minutes	200m open water
Under 12's	100m—Freestyle	2 minutes	200m open water
Under 13's	150m—Freestyle	3 minutes	200m open water
Under 14's	200m—Freestyle in less than 5 minutes	NIL	200m open water

### PLEASE NOTE:

If anyone is to compete, they **MUST** also complete open water swim relevant to their own age group to be eligible to compete.

**The pool swim can be completed and signed off by certified club members prior to the first day of Nippers at our Registration days advertised on the website. After this it is your responsibility to find an instructor and pool to complete these details. Leonie's Swim School at 19 Sunset Ave, Barrack Heights (Ph: 4297 1585) have made this service available for a small fee. Please consider that this is not part of their usual business and you will need to fit in with their available times and waiting list. The open water swim will take place when Nippers start on our beach.**