**Grade 9-12 Swim Test**

1. Swimmer will swim across the shallow end without putting their feet down. If feet touch the bottom, the test is done. No deep end allowed.
2. After passing shallow water test, swimmer will jump in the deep end, submerge, resurface, and tread water for two minutes.
3. *Without going back to the wall*, swimmer will swim to other end using the freestyle stroke (front crawl). Body position should be horizontal in the water; nothing less than 45 degrees; stroke should be strong; vertical ‘doggie paddle’ is not considered a strong stroke.

Scoring Rubric:

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| 10 points | Swimmer makes an honest attempt to pass the test. Swimmer attempts to meet all requirements as set forth by the test. This is NOT based on ability. |
| 5 points | Swimmer does not make an honest attempt to pass the test. Swimmer may refuse parts, refuse to submerge head, or other portions of test. This is NOT based on ability. This is based on willingness to try. |
| 0 points | Swimmer does not attempt the test. |