



James Madison Crew Boosters Organization, Inc.
Vienna, Virginia

CREW SWIMMING REQUIREMENTS FORM

The Virginia Scholastic Rowing Association (VASRA), which guides our Crew Club, requires each club authority to ensure that each member of its Crew has passed the required swimming examination before taking part in any rowing related water activity, competition, or practice.

VASRA requires that each participant be able to:

- **Tread water for 2 minutes, and**
- **Swim 100 meters, any stroke, with no time limit**

The examination needs to be passed only once in a student's high school rowing career, and must be administered by an adult, 21 years or older, who is also someone other than a family member.

Completed by Rower:

Name (please print):	
School:	James Madison High School
Grade:	<input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12
Prior Crew Member Outside JMHS:	<input type="checkbox"/> Yes, # of years _____ <input type="checkbox"/> No

Completed by Examiner:

Date:	
Tread water for 2 minutes:	<input type="checkbox"/> Pass <input type="checkbox"/> Fail
100 Meter Swim:	<input type="checkbox"/> Pass <input type="checkbox"/> Fail
Examiner:	
Title:	