

Dear Parents

CASC is pleased to announce the relaunch of Competitive Performance Awards for all swimmers. The following is an extract from the ASA about these awards

These awards, developed in conjunction with the British Swimming Coaches and Teachers Association (BSCTA), can be achieved in competition or organised time trials held at school or at a swimming club.

Highly respected, the awards give coaches, clubs, county, regional and national organisations an indication of a pupil's ability, competence and potential. The performance awards help young swimmers to focus on their strokes, turns and finishes, as well as speed. The awards can be used by clubs and squads as improvement indicators for group progressions.

Achieving an ASA Gold Standard should provide young swimmers with a good chance to swim in competition at county level.

Please note: Swimmers should be encouraged to acquire good skills in strokes, turns and finishes before they are asked to swim quickly. Achievement of the Swimming Stroke Awards is encouraged to confirm this level of competence.



Swimmers can check whether they have reached the times required by reference to the attached chart and their times on the PB sheets. Once you have reached the time then you just need to contact Jackie Tonks on the email address below and arrange the purchase of the badges. The first order for these badges will be at the end of February so please ensure you contact Jackie before 25 February

You may wish to sew your badges on to your club T shirt

Please see the following pages for qualifying times.

ASA Competitive Swimming Performance Awards

Below are the times and details required to gain the ASA Competitive Swimming Performance awards;

Backstroke

Sprints	Bronze	Silver	Gold	Platinum
25m	24.70	21.50	19.60	
50m	54.40	47.50	43.00	
100m	1.56.00	1.41.40	1.32.00	1.25.50

Middle Distance in a Short Course Pool

200m	4.11.10	3.39.40	3.19.30	3.05.00
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Breaststroke

Sprints	Bronze	Silver	Gold	Platinum
25m	27.20	23.80	21.70	
50m	1.00.40	52.70	48.00	
100m	2.12.00	1.55.40	1.44.80	1.37.30

Middle Distance in a Short Course Pool

200m	4.11.10	4.05.00	3.42.60	3.26.60
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Butterfly

Sprints	Bronze	Silver	Gold	Platinum
25m	23.20	20.30	18.50	
50m	52.40	45.70	41.50	
100m	1.53.80	1.39.40	1.30.40	1.23.90

Middle Distance in a Short Course Pool

200m	4.09.20	3.37.70	3.17.80	3.03.70
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Front Crawl

Sprints	Bronze	Silver	Gold	Platinum
25m	21.00	18.30	16.70	
50m	47.00	41.00	37.20	
100m	1.44.30	1.31.00	1.22.80	1.16.90

Middle Distance in a Short Course Pool

200m	3.49.90	3.20.80	3.02.40	2.49.40
400m	8.04.70	7.03.50	6.24.70	5.57.20

Middle Distance in a Long Course Pool

200m	3.51.60	3.22.50	3.04.40	2.51.40
400m	8.08.10	7.06.80	6.28.30	6.01.10

Distance in a Short Course Pool

800m	16.45.30	14.38.20	13.17.90	12.20.70
1500m	31.43.40	27.42.80	25.10.70	23.22.40

Distance in a Long Course Pool

800m	16.47.70	14.44.80	13.25.10	12.28.50
1500m	31.55.00	27.55.20	25.26.70	23.37.10

Individual Medley

Sprints	Bronze	Silver	Gold	Platinum
4x25m	1.58.60	1.43.60	1.34.10	
Middle Distance in a Short Course Pool				
200m	4.17.20	3.44.60	3.24.10	
Middle Distance in a Long Course Pool				
200m	4.19.20	3.46.40	3.26.00	
Distance in a Short Course Pool				
400m	9.03.70	7.55.00	7.11.50	6.40.60
Distance in a Long Course Pool				
400m	9.07.10	7.58.70	7.15.60	

Certificates, flashes and badges are available for each time/distance.

Certificates are £1.50 each

Flashes and Badges are £1 each

To order the badges email Jackie Tonks at Jackie.casc@btopenworld.com before Thursday 25th February.