

Understanding the ASA Award Scheme

In response to requests for more information about the ASA award schemes and the various badges that swimmers can achieve, here's a summary of the scheme and details on how to get hold of them. For more information, go to the ASA website at www.britishswimming.org.

What is it and how does it work?

The Amateur Swimming Association is the national governing body for swimming. Its award scheme, sponsored by Kellogg's, is designed to motivate and reward the achievements of swimmers at any age or level. Through the scheme swimmers can collect badges and certificates when they have successfully achieved the required standard in terms of developing new techniques, achieving times or distances. Tring Swimming Club supports 3 of the schemes by running special sessions to allow swimmers to achieve the necessary qualifications and by selling the relevant badges and certificates on behalf of the ASA. Swimmers are encouraged to display their badges on their Club "teabag" shirt.

Competitive Swimmer Award:

These awards can be achieved in competition or organised time trials held at the Club (at TSC we call them Splash Nights) and recognise the time achieved. Award times are consistent with the ASA Graded Swimming Times. Gold Standard is approximate to average county age group qualifying times for 12 year old boys. When this level is reached, there is a good chance that these swimmers would qualify at county level.



There are 3 types of award which relate to the length of the swim:

1. Sprint: Distances up to 100m. for all strokes including Individual Medley (IM)
2. Middle Distance: 200m. for all strokes including IM and 400m front crawl
3. Distance: 400m IM and 800m and 1500m front crawl

Times are graded at 4 levels: Bronze, Silver, Gold and Platinum, with a separate award for each stroke. Once the swimmer achieves a time at that level for any stroke, they can claim the round badge which relates to the distance (i.e. Sprint, Middle, Distance) and the relevant stroke flash and then collect further flashes as times are achieved for each stroke at that distance.



The ASA times for the most popular distances are shown overleaf – they are also posted on the Club notice-board. For the full list of times see the ASA website. To claim an award you will need an official time in the Club's PB register gained either at a competition (Gala or Open Meet) or a Club Splash Night.

Distance Badges:

The aim is to motivate swimmers to swim longer distances in a stress free manner. Strokes should be easily recognisable as one of the four main competitive strokes, though need not meet the standards demanded by ASA law. The greater the distance, the higher the standard of technique is expected.



There is no time limit on the time taken to achieve these although swimmers are not allowed to stop and rest during the swim. Whilst these awards start at 25m, TSC swimmers in the Development (Red) group typically achieve 600m or 800m whilst those in the Senior (Blue) group could swim 5000m if enough time was set aside to allow them to do it!

Distance badges available through TSC are shown below. Note that number of lengths relates to a 25m. pool.

Distance	Lengths	Distance	Lengths
400m	16	1 Mile (1650m)	66
600m	24	2000m	80
800m	32	3000m	120
1000m	40	4000m	160
1500m	60	5000m	200

Competitive Starts:



Awarded when the swimmer has demonstrated the required competency to undertake a racing dive in shallow water (water depth range 0.9m up to 1.3m) from the side of the pool or a starting block. Once achieved, swimmers are permitted dive in at either end of the pool – important in a relay event in competitions.

Coaches will periodically run a special coaching session at the end of which they will assess the swimmers. This not only allows the swimmer to claim their award but also helps the Coach with team selection for galas.

No swimmer at TSC is allowed to dive into the water at the shallow end until they have been assessed by the Coach and have passed the required standard.

Getting hold of the badges:

The badge shop runs several times each term, typically on a Sunday evening but also at special coaching sessions such as Distance or Splash Nights. To prove that you are eligible for an award you need to do the following:

1. **Competitive Starts:** Your Coach will give you a slip confirming that you are eligible for a badge. You will need to present this at the badge shop before you can purchase the award.
2. **Distance Badges:** Again you will receive a confirmation slip from the Coach after completing a distance swim.
3. **Competitive Swimmer:** You will need an official PB (personal best) to claim this award. As long as the time is recorded in the Club's PB folder, you are entitled to the award.

Prices for the awards are shown below. The ASA invests all profits from the schemes back into the sport. Tring Swimming Club makes a very small profit from the sale of each badge – again this helps bolster club funds to keep your fees at the lowest possible level.

Badge Type	Price
Competitive Swimmer Sprint, Middle & Distance round badge	£2.00*
Competitive Swimmer Flash	£1.00
Competitive Starts	£2.00*
Distance Badge	£2.00*

* Includes certificate

ASA Competitive Swimmer Award Times

BACKSTROKE

	BRONZE	SILVER	GOLD	PLATINUM
200 Metres	3.48.70	3.20.40	3.02.40	2.49.50
100 Metres	1.56.00	1.41.40	1.32.00	1.25.50
66.6 Metres	1.13.00	1.03.70	58.00	
50 Metres	54.40	47.50	43.00	
33.3 Metres	34.20	29.80	27.20	
25 Metres	24.70	21.50	19.60	

BREASTSTROKE

	BRONZE	SILVER	GOLD	PLATINUM
200 Metres	4.14.90	3.44.00	3.23.80	3.09.30
100 Metres	2.12.00	1.55.40	1.44.80	1.37.30
66.6 Metres	1.23.00	1.12.50	1.05.90	
50 Metres	1.00.40	52.70	48.00	
33.3 Metres	38.00	33.20	30.20	
25 Metres	27.20	23.80	21.70	

BUTTERFLY

	BRONZE	SILVER	GOLD	PLATINUM
200 Metres	3.36.60	3.19.20	3.01.00	2.48.20
100 Metres	1.53.80	1.39.40	1.30.40	1.23.90
66.6 Metres	1.10.80	1.01.90	56.20	
50 Metres	52.40	45.70	41.50	
33.3 Metres	32.50	28.50	25.80	
25 Metres	23.20	20.30	18.50	

FRONTCRAWL

	BRONZE	SILVER	GOLD	PLATINUM
200 Metres	3.29.50	3.02.90	2.47.10	2.35.30
100 Metres	1.44.30	1.31.00	1.22.80	1.16.90
66.6 Metres	1.05.10	56.90	51.70	
50 Metres	47.00	41.00	37.20	
33.3 Metres	29.20	25.60	23.20	
25 Metres	21.00	18.30	16.70	

INDIVIDUAL MEDLEY

	BRONZE	SILVER	GOLD	PLATINUM
200 Metres	3.53.70	3.23.00	3.04.40	2.51.20
133 Metres	2.43.60	2.22.80	2.09.80	
100 Metres	1.58.60	1.43.60	1.34.10	