International Certification

Current ASCA International members are eligible for ASCA Level 1 thru 5 Certifications.
New ASCA Certification Application: http://swimmingcoach.org/certification/apply/
ASCA Certification Update: http://swimmingcoach.org/certification/update/

Coaches who meet all of the requirements for a new ASCA International Certification level will receive:
- The new **ASCA Certification** certificate
- and new membership card

Coaches who complete a new ASCA Certification course but have not completed the Experience of Performance requirements will receive: a new ASCA International Certification level will receive:
- an ASCA Course *Certificate of Completion*
- a letter explaining what additional requirements must be met to achieve the next level of Certification

ASCA Level 1 Certification

ASCA International Senior / ASCA International Age Group
Education and Experience requirements only.
The requirements are the same as the ASCA Certification for United States coaches.
The Coach must:
- **Submit an ASCA Certification Application,**
- Complete the ASCA Level 1 Foundations of Coaching course
- And Submit the Level 1 test with a passing score.

Certification credit will only be given for courses, clinics, and materials that you have registered, attended, and purchased.

ASCA Level 2 Certification

ASCA International Senior / ASCA International Age Group
Education and Experience only.
The requirements are the same as the ASCA Certification for United States coaches.
The Coach must:
- **Submit an ASCA Certification Application (or an ASCA Certification Update / Upgrade)**
- Complete the ASCA Level 1 Foundations of Coaching Course
- Complete the ASCA Level 2 Stroke School Course
- Submit the Level 1 and Level 2 tests with passing scores
- Verify at least 6 months of on deck active competitive swim coaching experience

Certification credit will only be given for courses, clinics, and materials that you have registered, attended, and purchased.

ASCA Level 3 Certification

ASCA International Senior / ASCA International Age Group

Education and Experience level are evaluated.

Coach must have at least one swimmer achieve at least one time on the **ASCA International Level 3 Coaching Performance Achievement Requirement** chart (50-meter pool times only).

The Coach must:

- **Submit an ASCA Certification Application (or an ASCA Certification Update / Upgrade)**
- Complete the ASCA Level 1 Foundations of Coaching Course
- Complete the ASCA Level 2 Stroke School Course
- Complete the ASCA Level 3 Physiology School Course
- Submit the Level 1, Level 2, and Level 3 tests with passing scores

To Meet the Coaching Performance Criteria, the coach must submit to the ASCA LOCAL HOST HERO for verification:

- The **Certification of Primary Coach** letter proving he/she is the Primary Coach of the athlete being claimed in the submitted results.   "Primary Coach" means that the coach in question has planned and executed 90% of the training of an athlete during the year (12 months) previous to the athlete's new time achievement
- His/her resume of coaching experience
- Proof of Time of the athlete being provided for Performance consideration. **Official meet results** with cover page / title header or **Official local country Federation rankings** are acceptable. Proof of time must include (only times done in 50-meter long course pools are acceptable):
  - The event and time
  - Age of the swimmer
  - Male or female

Certification credit will only be given for courses, clinics, and materials that you have registered, attended, and purchased.

ASCA International Level 3 Certification							
Coaching Performance Achievement Requirements (All times in 50M pool)							
AGE	10 & Under		11 — 12		13 – 14		Senior	
EVENTS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	WOMEN	MEN
50 FREE	35.09	34.79	32.49	31.69	31.49	29.39	27.79	24.79
100 FREE	1:18.19	1:17.19	1:11.09	1:08.59	1:08.39	1:03.89	1:00.19	53.99
200 FREE	2:51.49	2:45.29	2:33.09	2:29.69	2:26.19	2:18.99	2:09.09	1:58.09
400 FREE	5:54.29	5:51.49	5:18.49	5:17.09	5:03.49	4:52.89	4:30.69	4:09.79
800 FREE			11:27.59	11:19.59	10:20.99	10:04.99	9:15.99	8:40.79
1500 FREE			21:55.69	21:34.99	19:48.09	19:23.79	17:46.69	16:41.69
50 BACK	41.69	42.19	37.59	36.99				
100 BACK	1:30.79	1:29.49	1:22.29	1:19.69	1:17.09	1:12.39	1:07.89	1:01.39
200 BACK			3:01.69	2:53.99	2:44.89	2:35.39	2:25.99	2:12.39
50 BREAST	46.09	46.29	41.39	41.19				
100 BREAST	1:42.39	1:41.39	1:29.69	1:29.59	1:25.39	1:20.09	1:16.79	1:08.29
200 BREAST			3:22.89	3:12.79	3:03.99	2:54.79	2:44.99	2:29.79
50 FLY	39.89	38.99	35.29	34.99				
100 FLY	1:32.89	1:31.59	1:20.09	1:18.49	1:14.39	1:09.59	1:05.79	58.89
200 FLY			2:59.99	2:54.99	2:42.49	2:34.79	2:24.19	2:10.59
200 IM	3:11.79	3:10.29	2:52.69	2:50.19	2:45.19	2:37.69	2:27.59	2:13.59
400 IM			6:25.69	6:08.29	5:48.09	5:32.29	5:09.69	4:43.89

ASCA Level 4 Certification

ASCA International Senior / ASCA International Age Group

Education and Experience level are evaluated.

Coach must have at least one swimmer achieve at least one time on the **ASCA International Level 4 Coaching Performance Achievement Requirement** chart (50-meter pool times only).

The Coach must:

- **Submit an ASCA Certification Application (or an ASCA Certification Update / Upgrade)**
- Complete the ASCA Level 1 Foundations of Coaching Course
- Complete the ASCA Level 2 Stroke School Course
- Complete the ASCA Level 3 Physiology School Course
- Complete the ASCA Level 4 Leadership School Course
- Submit the Level 1, Level 2, Level 3, and Level 4 tests with passing scores

To Meet the Coaching Performance Criteria, the coach must submit to the ASCA LOCAL HOST HERO for verification:

- The **Certification of Primary Coach** letter proving he/she is the Primary Coach of the athlete being claimed in the submitted results.   "Primary Coach" means that the coach in question has planned and executed 90% of the training of an athlete during the year (12 months) previous to the athlete's new time achievement
- His/her resume of coaching experience
- Proof of Time of the athlete being provided for Performance consideration. **Official meet results** with cover page / title header or **Official local country Federation rankings** are acceptable. Proof of time must include (only times done in 50-meter long course pools are acceptable):
  - The event and time
  - Age of the swimmer
  - Male or female

Certification credit will only be given for courses, clinics, and materials that you have registered, attended, and purchased.

ASCA International Level 4 Certification							
Coaching Performance Achievement Requirements (All times in 50M pool)							
AGE	10 & Under		11 — 12		13 – 14		Senior	
EVENTS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	WOMEN	MEN
50 FREE	33.59	33.49	30.99	30.29	30.19	28.09	26.79	23.69
100 FREE	1:14.49	1:13.69	1:07.99	1:05.69	1:05.39	1:01.09	57.89	51.99
200 FREE	2:43.09	2:38.09	2:26.39	2:23.19	2:19.89	2:12.89	2:04.89	1:53.69
400 FREE	5:38.89	5:36.29	5:04.69	5:03.29	4:50.29	4:40.19	4:21.69	4:02.19
800 FREE			10:57.69	10:49.99	9:53.99	9:38.69	8:56.29	8:22.69
1500 FREE			20:58.49	20:38.69	18:56.49	18:33.19	17:06.69	16:03.49
50 BACK	39.59	39.99	35.89	35.29				
100 BACK	1:26.29	1:25.39	1:18.19	1:15.79	1:13.79	1:09.29	1:05.59	58.49
200 BACK			2:53.79	2:46.49	2:37.69	2:28.59	2:19.99	2:06.79
50 BREAST	43.89	44.09	39.59	39.19				
100 BREAST	1:37.29	1:36.79	1:25.59	1:25.39	1:21.69	1:16.59	1:13.29	1:05.39
200 BREAST			3:14.09	3:04.49	2:55.99	2:47.19	2:38.09	2:21.99
50 FLY	37.79	36.99	33.69	33.19				
100 FLY	1:26.99	1:25.99	1:16.09	1:14.49	1:11.19	1:06.59	1:03.09	55.99
200 FLY			2:52.19	2:46.99	2:35.39	2:28.09	2:17.29	2:04.69
200 IM	3:02.89	3:01.69	2:45.19	2:42.39	2:37.99	2:30.89	2:21.49	2:08.39
400 IM			6:08.99	5:52.29	5:32.99	5:17.89	4:57.79	4:32.69

ASCA Level 5 Certification

ASCA International Senior / ASCA International Age Group

Education and Experience level are evaluated.

Coach must have at least one swimmer achieve at least one time on the **ASCA International Level 5 Coaching Performance Achievement Requirement** chart (50-meter pool times only).

The Coach must:

- **Submit an ASCA Certification Application (or an ASCA Certification Update / Upgrade)**
- Complete the ASCA Level 1 Foundations of Coaching Course
- Complete the ASCA Level 2 Stroke School Course
- Complete the ASCA Level 3 Physiology School Course
- Complete the ASCA Level 4 Leadership School Course
- Complete the ASCA Level 5 Administration School Course
- Submit the Level 1, Level 2, Level 3, Level 4, and Level 5 tests with passing scores

To Meet the Coaching Performance Criteria, the coach must submit to the ASCA LOCAL HOST HERO for verification:

- The **Certification of Primary Coach** letter proving he/she is the Primary Coach of the athlete being claimed in the submitted results. "Primary Coach" means that the coach in question has planned and executed 90% of the training of an athlete during the year (12 months) previous to the athlete's new time achievement
- His/her resume of coaching experience
- Proof of Time of the athlete being provided for Performance consideration. **Official meet results** with cover page / title header or **Official local country Federation rankings** are acceptable. Proof of time must include (only times done in 50-meter long course pools are acceptable):
  - The event and time
  - Age of the swimmer
  - Male or female

Certification credit will only be given for courses, clinics, and materials that you have registered, attended, and purchased.

ASCA International Level 5 Certification							
Coaching Performance Achievement Requirements (All times in 50M pool)							
AGE	**10 & Under**		**11 — 12**		**13 – 14**		**Senior**	
EVENTS	**GIRLS**	**BOYS**	**GIRLS**	**BOYS**	**GIRLS**	**BOYS**	**WOMEN**	**MEN**
50 FREE	32.19	32.09	29.69	28.89	28.79	26.79	25.65	22.62
100 FREE	1:10.79	1:10.19	1:04.89	1:02.69	1:02.49	58.29	55.79	49.67
200 FREE	2:34.69	2:30.89	2:19.79	2:16.69	2:13.49	2:06.89	2:00.34	1:49.39
400 FREE	5:23.49	5:20.99	4:50.79	4:49.49	4:37.09	4:27.39	4:12.40	3:52.81
800 FREE			10:27.79	10:20.49	9:26.99	9:12.39	8:38.70	8:07.09
1500 FREE			20:01.29	19:42.39	18:04.79	17:42.59	16:59.05	15:21.41
50 BACK	37.59	37.89	34.29	33.49			29.85	26.31
100 BACK	1:21.69	1:21.29	1:14.19	1:11.89	1:10.39	1:06.09	1:02.53	55.69
200 BACK			2:45.89	2:38.89	2:30.99	2:21.89	2:13.61	2:00.51
50 BREAST	41.59	41.99	37.79	37.19			32.42	28.73
100 BREAST	1:32.19	1:32.19	1:21.59	1:21.19	1:17.99	1:13.09	1:09.78	1:02.34
200 BREAST			3:05.29	2:56.09	2:47.99	2:39.59	2:29.11	2:15.42
50 FLY	35.59	35.09	32.19	31.49			27.46	24.47
100 FLY	1:21.19	1:20.39	1:12.09	1:10.39	1:07.89	1:03.59	59.80	53.65
200 FLY			2:44.39	2:39.39	2:28.39	2:21.39	2:11.85	1:59.03
200 IM	2:53.99	2:52.99	2:37.69	2:34.49	2:30.89	2:23.99	2:16.37	2:02.84
400 IM			5:52.19	5:36.29	5:17.79	5:03.39	4:47.75	4:21.38