



KARNATAKA SWIMMING ASSOCIATION (R)

AFFILIATED TO : SWIMMING FEDERATION OF INDIA, KARNATAKA OLYMPIC ASSOCIATION
& SPORTS AUTHORITY OF KARNATAKA

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Ref: SERDF/ASCA/02/2017-18

To,

Date: 13.12.2017.

Sub: ASCA Level III Certification Course.

We are pleased to inform you that ASCA level III course will be conducting at Bangalore from 19th February to 21st February 2018 under the auspices of Swimming Federation of India & in association with Search Foundation.

This is an advanced course covering Physiology, Training methods for Juniors & Senior swimmers and Leadership which will be very useful for all coaches. This course will be conducted by Mr. Duffy Dillon International Director ASCA, USA who has rich experience in conducting such courses all over the world.

The course fees will be Rs 25,000/- without Accommodation & Rs 28,000/- with Accommodation (shared). The course fees includes faculty fees, course material, class room arrangements, lunch, refreshments & ASCA Registration for 3 years and other expenses.

In order to get Level III Certification from ASCA the participant coaches should have produced at least one swimmer at National meets or National School games or National games or zonal meets as per the time standards given by ASCA (see enclosure)

However you can attend the course and complete Level III exam and as and when you produce swimmers to meet the time standards of ASCA, you will get the certificate from them.

The above is mandatory for coaches to get Level III certificate.

As the number of seats are limited you are requested to advise your coaches to send the Registration fees at the earliest as the registration is based on "FIRST COME FIRST SERVED" basis. It is also a great opportunity to all the coaches to interact with the expert and learn more. Registration will be opened from 15th December 2017 to 10th February 2018.

We advise your coaches not to wait till the last date of the Registration as it was experienced in the last course that many coaches could not be accommodated because of not registering their name in advance.


The course fees mentioned as above to be sent by D.D. in favour of Swimming Education Research & Development Foundation payable at Bangalore.

The venue of the course will be intimated to you shortly.

Thanking You,

Yours faithfully

For Karnataka Swimming Association


T.D. VIJAYARAGHAVAN
(Vice President)

D.D. to be sent to the following address:
Swimming Education Research &
Development Foundation
(N.R. Jagdale Group)
#41/1, 72nd Cross,
6th Block, Rajajinagar,
Bangalore -56010.INDIA

Enclosure:

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