

Swim England Awards offered by CoStA

CoStA offers its younger swimmers the opportunity to earn two types of Swim England (formerly known as ASA) Awards. This gives younger swimmers a goal to work towards and badges and certificates to earn. The scheme itself is not age dependent, but the focus within CoStA is on the under 10s who are preparing to compete at external competitions.

Competitive Start Award

The safety of swimmers is paramount to CoStA. Shallow diving can cause serious injuries if not done properly and by securing this award your child will show they have the competence to dive in water 0.9-1.3m deep. This is a standard demanded for competitions under Swim England Regulations and Technical Rules.

Learners work towards the Competitive Start Award to learn safe racing dives from a starting block into shallow water.

CoStA has integrated this award syllabus into the Foundation squad programme. Meeting the standard of this award is one of the criteria for being able to progress to Junior Development squad.

If a swimmer has not demonstrated that they meet the standard of this award, Coaches may need to inform the Referee at Swimming Competitions where the depth of the water is deemed to be too shallow. This means that this swimmer will need to start in the water.

Coaches regularly assess Foundation squad swimmers for their eligibility for the Award and sometimes additional dive courses are offered. Once a swimmer is deemed ready they will be invited to a session where their ability to dive off a block into the shallow end of the pool will be assessed.

Any swimmers who transfer from another club without this award will be requested to attend an assessment session so that CoStA can be sure that they meet the correct standard.



Swim England Speed Awards

The Speed Awards cover all four strokes with Bronze, Silver and Gold Award categories. They are a great way for swimmers to set goals to improve their times.



The qualification table is listed below. This shows what a swimmer has to do to secure the Award. At CoStA Speed Awards can be earned at club galas and time trials such as the U10s John Hemenstall Memorial Gala where 25m races take place.

Speed Awards Time Targets

The times below are in seconds and are the time for swimming a single length of a 25m pool in the different strokes: Front Crawl, Backstroke, Breaststroke, and Butterfly.

	Front Crawl	Backstroke	Breaststroke	Butterfly
Bronze	23.5	27.0	29.4	25.6
Silver	21.0	24.7	27.2	23.2
Gold	18.3	21.5	23.8	20.3

If your swimmer has achieved a speed award we'll be in touch with you after the Gala to let you know how you can purchase the badge and certificate.