

The ASCA Certification Test for the National Interscholastic Swimming Coaches Association's New Swimming and Diving Coach Education Program.

Please fill in all information requested and answer all the questions for proper certification.

This test should be returned to:
ASCA Certification Coordinator
The American Swimming Coaches Association
2101 North Andrews Avenue, Suite 107
Fort Lauderdale, Florida 33311
954-563-4930 ♦ 1-800-356-2722 ♦ FAX 954-563-9818
e-mail: asca@swimmingcoach.org ♦ <http://www.swimingcoach.org>

Your Name: _____

Address: _____

City/State/Zip: _____

Phone: _____ e-mail: _____

Successful completion of this test will award the coach with 12 units of Certification Credit.

1. Define success in high school swimming. _____

2. What are three skills that you bring to the job of coaching?

(1) _____ (2) _____ (3) _____

3. Which of the following is not a source of swimmers for your team? _____

- | | |
|-------------------------------|-------------------------------------|
| A. Middle school programs | B. Academically ineligible students |
| C. Physical education classes | D. Local USS teams |

4. If you are going to hold "try outs" for your team, what must you have first?

5. What is the key to good planning?

6. If your school does not have an assistant coach in the budget, where can you find a volunteer? _____
7. What two types of goals can be made during a goal setting session?
(1) _____ (2) _____
8. When should you first introduce team rules? _____
9. Out of the three phases of the swim season, in which phase is the yardage lowered and in some cases, the intensity as well? _____
10. What is the recommended length of an awards banquet? _____
11. What is the first step in organizing your practices? _____
12. What is the number one reason to take attendance at practices?

13. What DPS mean? _____
14. What is a T-30? _____
15. Why should you always have a "Plan B" in the daily plans? _____

16. Which type of swimming is aerobic in nature, is produced by long controlled swims, and is developed over years, not months? _____
17. True or False: Distance swimmers usually need more rest than sprinters in the taper phase. _____
18. What are two positive results of stretching? _____
and _____.
19. True or False: One should not "bounce" while performing stretches. _____
20. What is the first skill a diver should work on? _____
21. List four dives that all divers should learn. (1) _____
(2) _____ (3) _____ and (4) _____.

22. How would you correct a swimmers freestyle technique if they have a tendency to “bob” while swimming? _____
23. What type of breathing pattern should a backstroker have? _____
24. What are the three major breaststroke styles being swum around the world?
(1) _____ (2) _____ (3) _____
25. What is the most common fault with the breaststroke kick? _____
26. In butterfly, where must the dolphin kick originate? _____
27. If they is not an automatic timing system being used for a meet, what is the minimum number of timers you should have in each lane? _____
28. What three categories of people must you communicate with? (
1) _____ (2) _____ (3) _____
29. What is the single most important item in the communications plan?

30. What is the purpose of a phone tree? _____
31. Ultimately, who has the responsibility of education the media about swimming?

32. What is the minimum water depth for using a 1-meter diving board?

33. What are two reasons that swimmers size down in the suits for competition?
(1) _____ (2) _____
34. What is the maximum number of events that a high school swimmer can swim in one meet? _____
35. What is the most important thing to remember when coaching diving?
