



# YORK National Achievement Awards Bars ORDER FORM

York Swim Club is offering our swimmers a special swimming incentive program using ASCA's National Achievement Awards Program. ASCA (American Swimming Coaches Assoc.) has established motivational times for both boys and girls ages 10 & Under, 11-12, 13-14, 15-16 and 17-18. The times range from BB-AAAA, (AAAA being the faster time level). As each swimmer achieves a time standard, they will receive a FREE award bar for that stroke. The bars (patches) are different colors for each time standard. The patch can be sewn onto jackets, warm-ups, parkas or sweats. (We are awarding "BB"- "AAAA" times.)

Time standards are listed on the attached form and can be found on the York website: <[www.yorkswim.com](http://www.yorkswim.com)> or on the US Swimming website: <[www.usaswimming.org](http://www.usaswimming.org)>.

To receive your FREE ASCA National Achievement Award Bar(s):

1. Complete this form (must have a coach's signature for verification)
2. Mail to the address below. Include a **SELF ADDRESSED STAMPED ENVELOPE**.

Mail to: **YORK SWIM CLUB  
4302 Warner Ln  
Chantilly, VA 20151**

3. You will receive your bar(s) in approximately 2 weeks.

Sample award bars: actual size 1" x 4"

**BB BACKSTROKE**

**AAA BUTTERFLY**

**AA FREESTYLE**

**AAA BREASTSTROKE**

**A IND. MEDLEY**

Please indicate swimmer's distance (i.e. 50 yd, 100 yd, etc.) and time achieved in the appropriate space. You may order any time during the swim season.

Meet: \_\_\_\_\_

**DON'T FORGET TO GET YOUR COACH'S SIGNATURE Below:**

\_\_\_\_\_  
Coach's Signature

EVENT NAME		"BB"	"A"	"AA"	"AAA"	"AAAA"
	Distance:	Time:	Time:	Time:	Time:	Time:

<b>Swimmer's Name:</b>	<b>Swimmer's Age:</b>	<b>Phone:</b>
<b>Workout Location:</b>	<b>Practice Days:</b>	<b>Coach:</b>

**Mail Completed form to above address. DON'T FORGET TO MAIL FORM WITH SELF ADDRESSED STAMPED ENVELOPE  
\*\* IF ORDERING 3 OR MORE BARS, INCLUDE 2 STAMPS ON YOUR ENVELOPE \*\***