

EDUCATION (CONT): Please check all that apply with Date of Completion and Instructor.

	Home Study	On-Site	Online	Date	Instructor
3. Required Courses					
Level 1 — The Foundation School DVD	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Level 2 — The Strokes School	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Level 3 — The Physiology School	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Level 4 — The Administration School	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Level 5 — The Leadership School	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
4. Additional Enrichment Courses					
Advanced Backstroke	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Advanced Breaststroke	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Advanced Butterfly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Advanced Freestyle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Age Group Sports Psychology	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Certified Stroke Technician on DVD	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Coaching 8 & Under Swimmers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Coaching the Novice Swim Team DVD	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Distance Based Training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Distance Training School, Vol 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Distance Training School, Vol 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Drills and Games	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Dryland Training School,	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Dryland Training for Age Group	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Fundamentals for Competitive Swimming for 8 & Under Swimmers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
How to Write Workouts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Masters School	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Newsletter and Bulletin Board Companion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
NISCA Manual	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Nutrition for Swimmers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Personal Organization for Coaches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Strength & Flexibility Training for Swimmers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Teaching Age Group Developmental Sports Psychology	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Training Age Group and Masters Swimmers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Vital Reading	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Working Successfully with Swimming Parents	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Workout Exchange	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Other(s)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

OFFICE USE ONLY

EXPERIENCE:

I have held the following coaching positions (or include resume in place of this information):

Positions	Team	Location	Dates of Employment
1. _____			
2. _____			

ACHIEVEMENT

When applying for Levels 3, 4 or 5, supply verification of swim and Coach of Record.

Name of Athlete(s)	Year	Swim Meet/AGENCY	Date(s)

DID YOU REMEMBER TO

- Begin or renew your ASCA membership? You must be an ASCA member to be an ASCA Certified Coach.
- Include an OVC or official results for Certification of Levels 3, 4 or 5?
- Include a letter from the Head Coach if you are not listed as the Coach of Record in the results you have sent?