

# SWIMSTRONG

## Swimmer Incentive Patch Awards

Patches are available for B, BB, A, AA, AAA, and AAAA time standards in each stroke: freestyle, backstroke, breaststroke, butterfly and the individual medley. The time standards used are those established by USA Swimming and are available by clicking [USA NAG Time Standards for 2009-12](#) on the forms page of the team website, [swimstrongsville.org](http://swimstrongsville.org).

Any swimmer receiving his or her first time standard in any stroke this season is eligible for a patch. A swimmer will not receive patches for the various distances of a stroke (i.e., 50 Free, 100 Free, 200 free, etc.) but just the first time the standard is met for each stroke, regardless of the distance, results in earning a patch.

If a swimmer has achieved a new time standard in a stroke and would like to receive a patch, please fill out a SwimStrong Patch Award Request Form and place it in the SwimStrong Patch box on deck at practice. The patch coordinator will verify the information provided and the patch will then be given to the swimmer at practice.



### Frequently asked questions:

#### ***What do I do with these patches?***

Here are just a few ideas: You can sew them on your swim bag, string them on a huge safety pin and hang them from your swim bag, sew them on a sweatshirt, or pin them on a bulletin board in your room.

***Let's say I have achieved a B time in the 50 free and have received my B Freestyle patch. At my next meet I achieve a BB time but I am very close to an A time. Can I wait to request a patch until I achieve my A time?***

Yes. You do not have to have a BB patch in order to request an A patch.

***Can I wait until the end of the season and just request patches based on my fastest times during the season?***

Yes. Some swimmers are motivated by receiving a patch each time they meet a new time standard. Some swimmers are motivated by working towards earning a certain patch. It is up to you.

***I earned an A freestyle patch for meeting the A time standard in the 100 free. At my next meet I met the A time standard in the 50 free. Can I request another A freestyle patch?***

No. You receive one patch per stroke category (Free, Back, Breast, Fly, IM), regardless of the distance, for each time standard achieved.

***My birthday is in January and this year I will be turning 11. When I was 10 I earned a B, BB, and an A backstroke patch. When I age up from the 10 & Under age group to the 11-12 age group, can I start over with my patch requests? In other words, when I achieve the 11-12 B time in a backstroke event can I request a B backstroke patch even though I already have one?***

Yes. Some swimmers choose to start over with their patch requests when they age up to a new age group. Some swimmers choose to only request patches at a higher time standard than they already have when they age up to a new age group. It is up to you.