

Competitive Development Continuum Pilot Report

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*Changing the structure of competition in the
Age-Group Championships*

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Competitive Development Continuum

Pilot Report

Hampshire County Amateur Swimming Association

Changing the structure of competition in the Age-Group Championships

Summary

Hampshire Country ASA Championships 2000 have been run in accordance with the proposals of the ASA Competitive Development Continuum. The report focuses on the major changes concerning swimmers aged 11 years and under to 14 years. However, it also covers the changes for swimmers aged 15-17 years.

The Championships ran successfully and provided a good test of how the CDC system works from many aspects: Communications, Parents, Swimmers, Coaches, Organisers, Automated Support. The report provides information on the preparation, organisation, information, results, and feed-back received. This information is both summarised in the main report and presented in detail in Annexes.

The conclusions of this Pilot are that:

- the proposals for competition contained in the CDC can be implemented successfully
- communication needs to start at least six months before full implementation
- a large majority of swimmers and coaches appreciate the points system
- as a result, some coaches and swimmers have changed their training programmes.

It is recommended that:

- the ASA National Age-Group Championships 2000 provide an additional CDC-based awards system in parallel to provide focus and a basis for communication
- these changes are implemented in full by the ASA, Districts and other Counties in 2001
- Sportsystems software is developed to provide further automation for outputting overall and category award listings
- Full GB and BAG points conversions (swim times to points) are made available to all coaches as soon as possible and at least three months before competition

This report has been prepared on behalf of Hampshire County Amateur Swimming Association by Jane Davies, Swimming Secretary, and John Davies, IT Support and Local Officer, HCASA.

Background

For several years, some of the coaches of clubs in Hampshire have been keen to see changes within the structure of the County Championships.

HCASA have been enthusiastic in following suggestions of changes in Age-Group swimming proposed by the ASA in recent years. These ideas have been discussed with coaches and teachers. At an informal meeting at last years Championships, coaches expressed their support for the County to make changes in-line with CDC proposals for this year and nominated three coaches to work with the Swimming Secretary on these changes.

The major changes are for swimmers aged 10 to 14 who do not receive awards for individual swims but overall awards based on performance across a range of strokes and distances. This change was made to positively promote the coaching of swimmers across the whole range. It was felt that retaining individual awards would not have this effect and greatly reduce the impact of the CDC changes.

A further change was for Girls aged 15 and 16 and Boys aged 15, 16 and 17. In these age-groups, awards based on six Categories, Backstroke, Breaststroke, Butterfly, Sprint Freestyle, Distance Freestyle and Individual Medley, were made in addition to awards for individual events.

Diary of Events

March 1997: ASA Proposals to change Age Group Competitions in 1998. Presentation given at HCASA Executive meeting by Margaret Bell. Report sent to clubs.

August 1997: Above proposals abandoned for 1998.

November 1998: Current CDC proposals outlined in Swimming Times. ASA Roadshows.

March 1999: CDC proposals discussed by Coaches at HCASA Championships. Agreed to implement in 2000.

June 1999: HCASA Championships 2000 Programme finalised.

July 1999: Presentation given to Executive on Championships 2000. Circulated to all Clubs.

September 1999: Programme of events, Entry Times and Information Sheet sent to clubs

November 1999: Accepted as a pilot site by ASA.

December 1999: Entry Forms sent to clubs

February 5th 2000: Closing date for entries.

March 4th HCASA Championships: Distance and Age Group Relays

March 11th, 12th, HCASA Championships: Age Groups 10-14

March 18th, 19th HCASA Championships: Age Groups 15-17, Open and Junior

Programme for the Championships

The HCASA Championships are organised over three weekends in March. One Saturday for distance and age-group relays, one Saturday/Sunday for age-group events, and one Saturday/Sunday for Open events. This facilitates participation of swimmers from the Channel Islands and Isle of Wight.

This basic arrangement was continued but with more events being provided for the younger age-groups, the 15, 16 and 17 age-group events were swum with the Open Championships.

In order that age-group swimmers from the Channel Islands did not have to travel for the distance swim on March 4th it was agreed that times taken from the Closed Channel Islands Championships would be included in the "Distance" category provided that a formal entry had been received by the closing date.

The full programme of events is given in Annex A.

Information Sent to Clubs, Coaches and Parents

Clubs and Parents were given an outline of the Proposals in June 1999. This was updated and circulated to Clubs together with the qualifying times in September 1999 and again reiterated when the entry forms were distributed in December 1999.

As is often the case, not all the people received all the information which gave rise to some misunderstanding.

The ASA leaflet "The Changing Face of Swimming" was distributed at the Relay Gala on March 4th. It became apparent that some parents still were unaware of how the points were calculated and the awards made.

The table of conversions of GB Points to BAG Points was given to coaches at the Age Group Gala on March 11th. One copy of the Points Tables themselves, supplied by the ASA was available at the Galas.

A further information leaflet was prepared for distribution on March 11th. "How does it work". See Annex B.

A Feedback form was circulated at the Age Group Galas on March 11th and 12th. See Annex C.

A "Progress report" was prepared from the analysis of the feedback forms and distributed at the Championships on March 18th and 19th. See Annex D

Entry Criteria and Numbers of Entries

Entry to the championships is based on qualifying times. This year with the change of programme, it was not known how many entries would be obtained and slower 'Consideration Times' were also given. The overall number of entries was higher than in previous years, however, the programme timings indicated that all sessions would be of reasonable length so all entries based on Consideration Times were accepted. The Qualifying and Consideration Times for the Age Group events are given in Annex E

Scoring Scheme

The major change was made for age-groups 11/under, 12, 13 and 14. In these age groups, no awards were made for individual swims. British Age Group Points were awarded for each swim and an overall total calculated for each swimmer based on the recommendations of the CDC.

For the 15 and 16 year old girls, and the 15, 16 and 17 years boys, GB Points were awarded for each swim and the accumulated totals in each stroke category used to calculate the overall placings in each stroke category.

The full entry conditions are in Annex F and the award scheme in Annex G.

Presentations and Awards

It was recognised that changing the system of awards would be the most difficult part for parents and swimmers to accept. However it was also felt that a change to making an overall award was a key element and fundamental to these CDC proposals.

We prepared a Parents Information Leaflet in June 1999 outlining how the CDC proposals would work within the Championships.

Those swimmers aged 11yrs/under -14yrs would receive awards based on an overall points scoring system.

Those swimmers aged 15yrs, 16yrs and 17yrs would receive awards for individual events as well as stroke category awards. However to differentiate between the value of these awards it was decided that category awards would be presented, but individual awards would be collected as often occurs in Master competitions.

The Open and Junior Event medals and trophies would be presented in the traditional manner.

It was decided that even though we were only making an overall award in each age group we should not extend the number of awards given as we were unsure of how many entries we would receive. For example if we only had 15 swimmers doing all the required swims we should not make awards to the top 20.

However it was decided that we would give every swimmer who took part a special 'Hampshire 2000' swimming hat. It was also decided to give every swimmer a Certificate with their overall points total displayed although these would not be available on the day but would be sent to the Clubs for distribution.

Performance compared with previous years

The number of Championship Best Performance Times up to the age of 14yrs this year was much greater than last year as a result of the inclusion of new events and distances. However, if the comparison is limited to events previously swum then this year 12 were achieved in comparison with a total of 14 in 1999. Of those 14 in 1999, 8 were new events in that year.

Tables of Results

A full set of results including the overall performance tables for 10-14yr old swimmers and the stroke category tables for those swimmers aged 15yrs, 16yrs and 17yrs are currently displayed on the web site. www.hcasa.org. Sample results are given in Annexes H and I.

Reaction before the Championships

In conversations with coaches most welcomed the changes being made. Two clubs expressed concern that awards were not being presented for individual events. The reasons for the changes were discussed with them. Both welcomed the introduction of events over more distances, but felt strongly that rewards should be given for achievement in each swim.

In addition, some parents did not understand the reasoning behind the change to the award system. There had been criticism about the removal of awards for individual events in one publication. Some parents appear to have heard about all these changes via this publication alone and not through their Club from the information supplied. We feel that this had an effect on the acceptability of the awards system by some parents.

Coaches Feedback

The majority of Coaches have welcomed the changes. Some are unsure about the lack of awards for individual events in the younger age groups.

The programme of events was welcomed although some slight rearrangement should be considered for 2001.

A working group has been set up to look at ways of addressing these issues.

Coaches have reported that swimmers who had been well aware of the changes have adapted well. A change in attitude towards training has also been expressed by some Coaches with swimmers already wishing to train in preparation for events they previously had not thought of doing. Since the Championships, some of the smaller clubs, who had been unsure of the changes initially, have said that their swimmers understood the concept, identified their weaknesses and are keen to do better next year.

Although conversion tables of GB and BAG points were not available to coaches before the Championships, this did not seem to be an issue. The coaches trusted the ASA, Sportsystems and the HCASA organisation in the validity and use of GB and BAG points. However, it was felt that this information should have been made available before the entries were made.

Parents Feedback

In the lead up to the Championships, it was realised that despite information being circulated to Clubs there could still be a lack of appreciation about the changes involved, and the effect on swimmers this year. A few individuals who were aware of the changes had expressed their dislike or had asked questions but generally speaking there was little reaction.

To help other Counties in the future it was felt that we needed to find out what information was required by Parents and Clubs in advance. In consequence a feedback form was devised. (Annex C).

There were 360 swimmers competing in one or more events in the 10-14 Age-Groups at Waterlooville. Approximately 100 forms were completed and returned with about half in favour and half against.

Those in favour had clearly known about the proposed changes well in advance and broadly speaking had understood the reasons for the changes. They all would have welcomed the ASA leaflet "The changing face of Age Group Swimming" sooner and found it helpful. Some expressed certain reservations about the programme of events, entry costs and awards procedure. These particular points need to be addressed by the County and in most instances had already been identified as areas which needed improvement before the Championships started.

Many of those against the changes had either no prior knowledge of any changes or had heard about it all through some media reporting from a swimming magazine. This group found the ASA leaflet unhelpful and wanted the Championships as they had been previously. For some parents it was difficult to accept that swimmers were no longer receiving awards for every swim, although it was understood why the changes in award system had been made.

Communication is a key issue however it is not an easy one to address. All clubs had received relevant information but not all had either displayed the relevant details on notice boards or given it to those concerned.

Some parents felt that all the events should be spread out over a greater time span, with one swimmer having to swim on three weekends. This is not really a viable proposition for various reasons. In the 1980's the Championships started in January and continued until April. About 10 years ago, all the Championship events were condensed into a shorter time span which is easier for Coaches preparing swimmers for competition. It is also cheaper from the point of pool hire together with the electronic timing which is calculated on a daily rate. Transport costs would also be prohibitive for those on the Channel Islands as well as the Isle of Wight.

Additional comments from the feed back forms are included on the “Progress Report” (Annex D).

Support/Software Issues

The event was run using Sportsystems Version 492 which was provided through the ASA. A briefing on the use of this software was provided by Graham Sykes. Queries and updates were handled via e-mail. The scoring system in terms of age, sex, categories and events was set-up using instructions provided and tested out by re-running results from the previous year. This was only a partial test as the programme of events has been extended, however it allowed use of the new facilities and revealed errors in the set-up that were easily corrected.

In this new version, the set-up of the programme of events, processing of entries did not change. There was new software for running the events on the day, but this looked the same as the previous version (except for selection of the points system). The really new software (for us) was for the collation of points which was run at the end of each session. This output tables that were read into MSEXcel, formatted and then printed.

From a practical point of view, the Championships were set up as if they were two separate Open Meets. The Open events together with age groups 15,16,17yrs were set up using the Ladies and Mens entry files while those swimmers age 10-14yrs were set up using the Girls and Boys files.

The Distance swims were included in the Ladies and Mens Files, with duplicate entries for those 14yrs and under set up in the Girls and Boys files to cope with the BAG point scoring system . This arrangement enabled us to run the 800/1500m Freestyle events without the Channel Island swimmers on the day and then include them later in the girls and boys files to use in the BAG point scoring system.

All the Sportsystems computer software operated correctly with no errors. Omega Aries systems were used at all sessions with automatic transfer of electronic times.

During the 10-14 years weekend, overall classifications for the eight sets of awards based on BAG points were produced at the end of each session. The process of using Sportsystems and MSEXcel took about 20 minutes. This was longer than would be expected as it included combining the 10 and 11 year classifications. An example of these results is given in Annex H. (Full results at www.hcasa.org)

During the 15-17, Open/Junior weekend, classifications for thirty categories, were produced at the end of each session. These again took about 20 minutes. To save time at the end of the last session, the final sets of points were added in by hand so that presentations could be made straight after the end of swimming. (The 30 categories were Sprint Free, Distance Free, Breast, Back, Fly and IM for 15 years Girls, 16 years Girls, 15 years Boys, 16 years Boys and 17 years Boys). An example of these results is given in Annex I.

Following the meet the results were further processed in MSEXcel and MSWord to print out all the results for each swimmer in the 10-14 years Age Groups which were attached to the back of their Certificates.

Further automation of this process within the Sportsystems software will greatly reduce the time needed to process overall and category results and remove scope for possible error.

Conclusions and Recommendations

What we got right!

In deciding the programme of events and how to fit it all in we decided to keep things simple and make all events Heat Declared Winner. It was felt that we wanted swimmers to take part in as wide a range of events as possible. We also expected very few entries in certain events such as 200m Butterfly so thought that it would be a good idea to swim all the ages together.

Initial reaction thoughts were that it would be boring for spectators watching 19 heats of 50m Freestyle but it would make the gala operation easier!

On processing the entries it became apparent that swimmers would always be competing against those of similar standard regardless of age. It was felt that this would help to bring out the best in all competitors. The younger swimmer who is much faster than others in his age group is now competing against older swimmers and those older swimmers do not want to be beaten by younger ones.

If there are no awards for individual events then there is no point competing in a Final. Swimmers have already done their best in the heat. Far better to compete in a different event.

What have we learned?

Communication: This continues to be a major concern. We can produce the information but delivering it to those needing it is difficult. HCASA now has a web site. www.hcasa.org All information related to swimming will be displayed there.

Awards: An analysis of our results shows that a few swimmers win most of the events. This is one of the major factors why competitive swimming should change. If a swimmer wins 9 events at 11yrs then the pressure is on at 12yrs to win 9 and so on. An overall winner scheme reduces the pressure on the winners at the same time giving those swimmers who are slower to mature and improve the opportunity to do so.

In the older age groups 15yrs-17yrs where swimmers collected their awards for the individual events it was noted that some swimmers showed a lack of enthusiasm for these awards. Others felt that they should have been formally presented. The first group had appreciated the concept of stroke category awards whereas the latter few had not and were competing in events on an individual basis as in previous years. It is impossible to formally present all the awards in these age groups because of the time factor. When all the swimmers are aware of how the stroke category system works then the individual awards may be superfluous as in most cases the individual and stroke awards go to the same swimmers. This will need to be looked at closely to ensure that we continue to encourage all swimmers to compete and receive recognition of their achievements.

Some coaches have acknowledged that swimmers have been labelled with being good as a particular stroke at an early age, when in fact a few years later, given the opportunity they actually reach a higher standard with different stroke. This system will ensure that all swimmers are given the opportunity to develop in all strokes over all distances.

How can we improve?

Awards: The basic concept of an overall award appears sound.

What we do need to do is ensure that the awards are meaningful and worthy of receiving. Now we have results from this years events we will be able to amend the levels of awards. Current ideas for those swimmers aged 14yrs and under include:-

Medals for those placed 1-3.

Additional awards for those placed 4-10/12.

Certificates of achievement to all swimmers in an age group reaching a pre set overall points total. irrespective of their position.

Performance Related Certificates: These could be presented to any swimmer irrespective of age whose performance in a particular event was outstanding. The level at which this certificate could be awarded would be predetermined, such as a points total equivalent to a previous Championship Best Performance time or an outstanding swim based on the GB points scoring system.

Programme of events: Some parents felt swimmers had too great a distance to compete in one weekend. Some amendment to the programme could be made to move the 400m F/S events for those

swimmers aged 12yrs to the distance weekend. The Channel Island swimmers could continue to swim in the CI Championships and have those distance points added into the system.

As a point of interest, this year a swimmer aged 12yrs wishing to achieve points in every category was asked to compete in a total distance of 950m. In 1999, that swimmer would have had four swims of 100m, 400m Freestyle and 200 IM, a total of 1000m. In addition there were Finals in the 100m events.

Cost of Entries: This point was raised by a few parents but not all. Some parents did not think there was an issue at stake.

We hope that next year some reduction can be made to the cost of entry fees for those competing for an overall award in age groups 14yrs and under. It is worth noting that those swimmers aged 15yrs and 16yrs actually paid less in entry fees as one fee covered their age group swim + the Open and Junior.

We have all learned a great from doing this pilot study and there is further analysis to be made. No-one can say for certain that this system will produce future Olympic Champions, only time will tell. However, it will give many children the opportunity to reach their own goals in the world of competitive swimming.

GB and BAG Conversions: Tables or tools for converting times to points for all events and age-groups need to be made available to all clubs as soon as possible, and at least before they need to submit entries for competition.

And finally, this CDC pilot scheme has been a real challenge. It would not have taken place without the support and enthusiasm of the Coaches within this County. We are also fortunate to have a large group of experienced and dedicated officials without whom none of this would have been possible.

Annex A Championship Programme

Day 1

March 4th
PORTSMOUTH

Session 1

Warm-up 8.30am,
Start 9.30am
Ladies/Age-group 800 F/S
Mens/Age-group 1500 F/S

Ladies Open 4x200 F/S Team
Mens Open 4x200 F/S Team

Session 2

Warm-up 1.30pm
Start 2.30pm
Girls 10-12 4x50 Med. Team
Boys 10-12 4x50 Med. Team
Girls 13/14 4x50 F/S Team
Boys 13/14 4x50 F/S Team
Girls 15/16 4x50 Med. Team
Boys 15/16 4x50 Med. Team
Girls 10-12 4x50 F/S Team
Boys 10-12 4x50 F/S Team
Girls 13/14 4x50 Med. Team
Boys 13/14 4x50 Med. Team
Girls 15/16 4x50 F/S Team
Boys 15/16 4x50 F/S Team

Day 4

March 18th
SOUTHAMPTON

Session 7

Warm-up 9.00am
Start 10.00am
Girls 15,16 Open 400m IM
Boys 15,16,17 Open 400m IM
Girls 15,16, Open 200m F/S
Boys 15,16,17 Open 200 F/S
Girls 15,16, Open 50 Fly
Boys 15,16,17 Open 50 Fly
Girls 15,16, Open 100 Breast
Boys 15,16,17 Op 100 Breast
Girls 4x50m F/S Team
Boys 4x50m F/S Team

Session 8

Warm-up 1.30pm
Start 2.30pm
Girls 15,16, Open 200 IM
Boys 15,16,17 Op 200 IM
Girls 15,16 Op 200 Fly
Boys 15,16,17 Op 200 Fly
Girls 15,16, Op 50 Breast
Boys 15,16 17 Op 50 Breast
Girls 15,16 Op 100 Back
Boys 15,16,17 100 Back
Ladies 4x100m F/S Team
Mens 4x100m F/S Team

Day 2

March 11th
WATERLOOVILLE

Session 3

Warm-up 8.30am
Start 9.30am
Girls 12-14 400 F/S
Boys 12-14 400 F/S
Girls 11 100 IM
Boys 11 100 IM
Girls 12-14 100 Breast
Boys 12-14 100 Breast
Girls 11-14 50 F/S
Boys 11-14 50 F/S

Session 4

Warm-up 1.30pm
Start 2.30pm
Girls 13,14 400 IM
Boys 13,14 400 IM
Girls 11-14 200 Back
Boys 11-14 200 Back
Girls 12-14 100 F/S
Boys 12-14 100 F/S
Girls 11-14 50 Fly
Boys 11-14 50 Fly

Day 5

March 19th
SOUTHAMPTON

Session 9

Warm-up 9.00am
Start 10.00am
Girls 15,16 Open 400m F/S
Boys 15,16,17 Open 400 F/S
Girls 15,16 Open 200m B/K
Boys 15,16,17 Open 200 B/K
Girls 15,16, Open 50 F/S.
Boys 15,16,17 Open 50 F/S
Girls 15,16, Open 100 Fly
Boys 15,16,17, Op 100 Fly
Girls 4x50m Medley Team
Boys 4x50m Medley Team

Session 10

Warm-up 1.30pm
Start 2.30pm
Girls 15,16 Open 200 Breast
Boys 15,16, 17 Op 200 Breast
Girls 15,16 Open 100 IM
Boys 15,16,17 Op 100 IM
Girls 15,16 Op 50 Back
Boys 15,16,17 50 Back
Girls 15,16 Op 100 F/S
Boys 15,16 17 Op 100 F/S
Ladies 4x100m Medley Team
Mens 4x100m Medley Team

Day 3

March 12th
WATERLOOVILLE

Session 5

Warm-up 8.30am
Start 9.30am
Girls 12-14 200 IM
Boys 12-14 200 IM
Girls 11 200 F/S
Boys 11 200 F/S
Girls 12-14 100 Back
Boys 12-14 100 Back
Girls 11-14 200 Fly
Boys 11-14 200 Fly
Girls 11-14 50 Breast
Boys 11-14 50 Breast

Session 6

Warm-up 1.30pm
Start 2.30pm
Girls 13,14 200 F/S
Boys 13,14 200 F/S
Girls 11-14 200 Breast
Boys 11-14 200 Breast
Girls 12-14 100 Fly
Boys 12-14 100 Fly
Girls 11-14 50 Back
Boys 11-14 50 Back

ASA pilot scheme for 11yrs/under-14yrs based on the Competitive Development Continuum (CDC)

HOW DOES IT WORK?

I hope that you have all seen the leaflet produced by the ASA “The Changing Face of Swimming” and now have a better understanding of the reasons for changing the Championships. I also hope that you will take a few moments to complete the yellow feedback form.

From talking to people last week-end, I know that some parents have not seen the information that went out last June explaining how the points system works. Here follows a brief description.

The aim is to encourage the younger swimmers to compete in a wide range of strokes and distances and discourage early specialisation. In order to achieve this the awards are based on overall performance rather than individual events. Similar to a Decathlon or Heptathlon in athletics, swimmers are awarded points based on times they achieve in each swim. The points used are called British Age Group Points (BAG Points). These are based on the GB Comparative Performance Tables with an age-related correction factor for each stroke and distance. (This means that an 11 year old swimmer and a 12 year old swimmer recording the same time in the same event may be awarded a slightly different number of points.)

In the Decathlon competitors take part in a set list of events but in the CDC swimmers do not have to compete in a rigid set of events. Some are treated as essential required elements, the Individual Medley and a Distance Freestyle event, whereas other required elements in a particular age-group may be any stroke at a specific distance. For example, 11 year old swimmers should compete in one event of their choice at 50m and one 200m event of Backstroke, Breaststroke or Butterfly as well as the required elements of 100m I.M and 200m Freestyle (Distance element). It may be that a particular swimmer wishes to swim all the 50m events. That is perfectly all right. The computer software will select the 50m swim with the highest number of points to count towards their overall points total.

In the 12year old age group, a swimmer could take part in every event available to them but they will only score points on their best swim at 50m, 100m, 200m, as well as the 400m F/S and 200m IM.

What happens today?

At the end of every event a result sheet will be produced listing every swimmer arranged in their age groups in speed order, just as normal. Next to their time will be listed the BAG points.

At the end of each session it is hoped to print out a table of all the swimmers in a particular age group with their accumulated points total. It is anticipated that swimmers will move up and down this table as and when they achieve points at the different distances throughout the weekend. Not every swimmer will be swimming the same events but they should be doing all the required elements.

I am sorry that as yet the GB Points with the BAG points correction factors are not yet available for general circulation. I would also ask you to bear with us this weekend as there may be technical difficulties of which we are unaware. We have tested the software as far as we are able but until we “go live” we cannot foresee everything.

Every swimmer who takes part this weekend will receive a certificate with their overall points score in the near future. These certificates will be sent to your Clubs.

Hampshire is one of the top Counties in the Country and we believe that this venture will enhance the Development of swimmers. We would not have undertaken it without the support of our Coaches.

Jane Davies

HAMPSHIRE COUNTY ASA CHAMPIONSHIPS

FEEDBACK FORM

I would be grateful if you could spare a few minutes to complete the questionnaire below. HCASA will be compiling a full report on the Championships for the ASA as part of the pilot scheme of the Competitive Development Continuum (CDC) and we believe that it will be helpful to have as many opinions as possible. In most cases all that is required is a tick in a box. Thanking you for your co-operation.

1. Are you a Swimmer [], Parent [], Coach [], Other []?
2. Had you heard about the CDC proposals prior to seeing the Parent Information Leaflet?
Yes [] No []
If you answer no go to question 6.
3. Where did you see or hear about the CDC?
Swimming Times []
Organised Presentation by ASA Staff []
HCASA Presentation and Leaflets []
Information on Club Notice Board []
Somebody told me about it []
Haven't heard anything about it. []
4. When did you hear that HCASA were changing the Championships for 2000 based on the CDC?.
More than 6 months ago []
Between 3 months and 6 months ago []
Less than 3 months ago []
Didn't know anything has changed []
5. What was your opinion of the CDC proposals before seeing the parent Information Leaflet? Please tick all that apply.
Liked [] Did not like [] Had no opinion [] Did not understand it []
Did not think it would affect me [] It's time we had a change [] Why have we got to change again []
6. Have you found the Parent Information leaflet helpful? Yes[] No[]
7. Do you think it would have been helpful to have had the leaflet sooner. Yes [] No []
8. Have you changed your opinion about the CDC proposals since seeing the Parent Information Leaflet
Yes [] No[]
9. Has your opinion of the HCASA Championships changed since they started on March 4th
Yes [] No[]
10. If yes, are they better[] or worse[]
11. Please add any further comments you would like to make:

HAMPSHIRE COUNTY CHAMPIONSHIPS 2000
ASA pilot scheme for 11yrs/under-14yrs based on the Competitive Development Continuum (CDC)

PROGRESS REPORT

I hope that you have all seen the leaflet produced by the ASA "The Changing Face of Swimming" and the blue sheet "How does it work". I have looked at the individual and overall results and done an initial analysis of the feedback forms.

There are four main issues which parents have commented upon: Awards, Entry Fees, Communication and the Programme of Events. We have been aware of these hard issues and tried to address them in the preparation for these Championships. However, it is clear that we need to go back and look at these areas again.

Communication:

From the feedback forms, coaches knew about the changes either from ASA Presentations, Swimming Times or from Hampshire County information and were aware of how the Championships were changing. Some parents and swimmers were not aware of the changes. Those that were aware found out from their club notice boards or were told through their clubs.

We are producing a Pilot Report for the ASA and clubs which has a diary of events which shows that Hampshire, like all the pilot Counties we had no real support from the ASA until late November 1999. We had to commit ourselves to the pilot by last August and decide the programme. The computer software was not released until the end of January this year and has had several updates since.

The County will have a web site shortly and I hope that many people will access information that way. Most swimmers should have access to it at school and those who have competed in the Championships will be able to see their recorded times in the Ranking Lists as well as the County Results.

Entry Fees.

The Swimming Committee has an annual budget, details of which are submitted in September the previous year. The excess income from the Championships and the Development Competition has to cover all the Swimming Expenses for the year as well as contribute towards the general running costs of the County and some support to the other disciplines.

As the Championship programme changed dramatically this year it was hard to predict how many entries there would be across the wider range of events and hence the income that would be generated.. When the entries started to arrive, it was apparent that we would have a greater income than had been estimated. We need to address this area for next year.

Awards.

This is the main area in which everyone feels the change. The CDC is specifically aimed at developing swimmers across a wider range of strokes and distances. To do this, it proposes that achievement over a range of events is what should be recognised and awards for individual events are not made. The cost of awards did not come in to the decision. From the feed-back forms, this is the main issue that some parents and swimmers, and one coach, are not happy about.

The awards situation did not de-motivate swimmers as some had feared. Swimmers performances have been as good or better than in previous years. Most swimmers improved on their submitted times, there were many competition best performances in events that had been previously swum as well as in the new events.

Each swimmer will be receiving a certificate of their achievement in the championships and some clubs already make a formal presentation to each swimmer who does well in the Championships.

However, now we have proved that the system will work, we need to review the situation and decide if and what recognition of achievement in the individual events should be made.

Programme of Events

We will review the programme of events, and include the views of the coaches, in preparing the programme for next years' Championships.

Please remember that this is a pilot study to see what does and does not work. We have learned a great deal from it as well as obtaining data on the new points scoring system relating to swimmers performances. We believe the changes in the Competitive Development Continuum will greatly benefit swimming in Hampshire.

Thank you for your support and understanding of what has not been an easy task.

Jane Davies

Annex E Qualifying and Consideration Times

QUALIFYING TIMES FOR HCASA AGE-GROUP CHAMPIONSHIPS 2000

March 11th/12th 2000 at Waterlooville Swimming Pool

Ages: 11yrs/under, 12yrs, 13yrs, 14yrs Individual Events All Events: Heat Declared Winner.

Swimmers achieving Consideration Times (in brackets) will be accepted providing there is space in the events. In the event of over-subscription from swimmers with consideration times then those with the faster submitted times will take preference. Entry Fees from swimmers not accepted will be refunded.

Any swimmer who enters these Championships and is accepted for an event may not enter the corresponding stroke in the Development Competition in the same year.

Any swimmer who enters these Championships but is not accepted may enter the Development Competition.

| MALE | | | | FEMALE | | | | |
|----------------------|----------------------|------------------------|------------------------|-------------|----------------------|----------------------|------------------------|------------------------|
| 11/under | 12yrs | 13yrs | 14yrs | Stroke | 11/under | 12yrs | 13yrs | 14yrs |
| 38.10 (39.10) | 34.10 (35.10) | 32.00 (33.00) | 30.00 (31.00) | 50m Free | 37.40 (38.40) | 35.00 (36.00) | 33.50 (34.50) | 32.50 (33.50) |
| | 1.14.00 (1.16.00) | 1.09.00 (1.11.00) | 1.05.00 (1.07.00) | 100m Free | | 1.14.00 (1.16.00) | 1.11.00 (1.13.00) | 1.09.00 (1.11.00) |
| 3.00.00 (3.05.00) | | 2.31.00 (2.36.00) | 2.22.00 (2.27.00) | 200m Free | 2.55.00 (3.00.00) | | 2.33.00 (2.38.00) | 2.29.00 (2.34.00) |
| | 5.40.00 (5.50.00) | 5.20.00 (5.30.00) | 5.02.00 (5.12.00) | 400m Free | | 5.40.00 (5.50.00) | 5.25.00 (5.35.00) | 5.15.00 (5.25.00) |
| | | | | 800m Free | | | 11.00.00 (11.20.00) | 10.40.00 (11.00.00) |
| | | 21.02.70 (21.30.00) | 19.53.00 (20.20.00) | 1500m Free | | | | |
| 49.50 (50.50) | 44.00 (45.00) | 41.00 (42.00) | 39.00 (40.00) | 50m Breast | 48.20 (49.20) | 45.00 (46.00) | 43.00 (44.00) | 41.70 (42.70) |
| | 1.35.00 (1.37.00) | 1.28.00 (1.30.00) | 1.24.00 (1.26.00) | 100m Breast | | 1.35.00 (1.37.00) | 1.31.00 (1.33.00) | 1.28.00 (1.30.00) |
| 3.51.00 (3.56.00) | 3.25.00 (3.30.00) | 3.09.00 (3.14.00) | 3.04.00 (3.09.00) | 200m Breast | 3.38.60 (3.43.60) | 3.24.00 (3.29.00) | 3.15.00 (3.20.00) | 3.09.00 (3.14.00) |
| 44.00 (45.00) | 42.00 (43.00) | 38.00 (39.00) | 36.00 (37.00) | 50m Fly | 44.00 (45.00) | 42.00 (43.00) | 40.00 (41.00) | 37.00 (38.00) |
| | 1.30.00 (1.34.00) | 1.20.00 (1.24.00) | 1.16.00 (1.20.00) | 100m Fly | | 1.30.00 (1.34.00) | 1.24.00 (1.28.00) | 1.18.00 (1.22.00) |
| 3.26.00 (3.31.00) | 3.20.00 (3.25.00) | 2.56.00 (3.01.00) | 2.48.00 (2.53.00) | 200m Fly | 3.26.00 (3.31.00) | 3.20.00 (3.25.00) | 3.04.00 (3.09.00) | 2.52.00 (2.57.00) |
| 44.00 (45.00) | 39.10 (40.10) | 36.50 (37.50) | 35.00 (36.00) | 50m Back | 42.40 (43.40) | 39.50 (40.50) | 38.50 (39.50) | 37.00 (38.00) |
| | 1.24.00 (1.26.00) | 1.18.00 (1.20.00) | 1.15.00 (1.17.00) | 100m Back | | 1.23.00 (1.25.00) | 1.21.00 (1.23.00) | 1.18.00 (1.20.00) |
| 3.24.00 (3.29.00) | 3.02.00 (3.07.00) | 2.49.00 (2.54.00) | 2.41.00 (2.46.00) | 200m Back | 3.10.30 (3.15.30) | 3.00.00 (3.05.00) | 2.52.00 (2.57.00) | 2.47.00 (2.52.00) |
| 1.30.00 (1.33.00) | | | | 100m I.M | 1.28.00 (1.33.00) | | | |
| | 3.04.00 (3.14.00) | 2.51.00 (3.01.00) | 2.44.00 (2.54.00) | 200m I.M | | 3.02.00 (3.12.00) | 2.54.00 (3.04.00) | 2.49.00 (2.59.00) |
| | | 6.00.00 (6.10.00) | 5.45.00 (5.55.00) | 400m I.M | | | 6.10.00 (6.20.00) | 5.55.00 (6.05.00) |

Awards will not be made for individual events but on a collection of events. (See attached list)

Medals for 1st, 2nd and 3rd placed swimmers and ribbons for swimmers placed 4th, 5th, 6th, 7th and 8th in each age-group based on an OVERALL performance in the collection of events as listed.

Awards

Swimmers aged 11yrs/under -14 years will receive awards based on their overall performance in a range of events of different lengths and strokes. Events which count towards these awards vary according to a swimmers age and sex.

At 11years : FOUR events count. One at 50m, one 200m swim of Back, Breast or Fly, the 100m IM and 200m F/S.

At 12 years : FIVE events count. One at 50m, one at 100m, one 200m swim of Back, Breast or Fly, the 200m IM and 400m F/S.

Girls 13yrs and 14yrs : FIVE events count. One at 50m, one at 100m, one at 200m, the 200m IM and either 400m or 800m Freestyle.

Boys 13yrs and 14yrs: FIVE events count. One at 50m, one at 100m, one at 200m, the 200m IM and either 400m or 1500m Freestyle.

HOW DOES IT WORK?

Each swimmers recorded time for an event will be accredited with points. These points are based on the new GB Points table but have an age and sex factor included. The computer software will select a swimmers best performance (the one with the most points accredited to it) at a particular distance for use in calculating that swimmers overall performance. For example an 11year old swimmer may choose to enter all strokes at 50m but the computer will select that particular swimmers best 50m swim to count towards that swimmers overall performance at 50m. In calculating that particular swimmers overall performance the points accredited to the 100m IM and 200m F/S as well as one other 200m swim will be added together to give an overall points total. The swimmer with the highest points total will be the overall winner.

Points to note

Swimmers may compete in as many events as they wish providing they have attained the qualifying /consideration times as listed. A swimmer does not have to decide which event will give him the most points in advance.

Swimmers recorded times are still used to qualify for National Events.

The County will still use the recorded times for inclusion in the rankings list for team selection.

A Swimmer should enter the IM and one distance Freestyle event to gain the maximum points in their age-group.

Channel Island age-group swimmers may swim the 800/1500m Freestyle in the Channel Islands Championships providing a valid entry accompanied by the appropriate fee has been submitted to HCASA by the closing date. The times recorded at the C.I Championships to reach the HCASA Swimming Secretary in advance of the HCASA event for inclusion in the overall points totals in the age-group competition. Such times will not be counted in the Open and Junior Championships.

Annex F Championship Conditions

HAMPSHIRE COUNTY AMATEUR SWIMMING ASSOCIATION
Affiliated to SCASA Under ASA Law and ASA Technical Rules

Entries to: Mrs J Davies, 59 Titchfield Park Road, Titchfield, Hants. PO15 5RN (01489 584705)

Closing Date for entries: Saturday February 5th 2000. NO LATE ENTRIES WILL BE ACCEPTED

Entry Fee: £3.25 per Individual Event, £6.00 per Team entry (max.3 teams per club per event)

It would be greatly appreciated if Clubs could send ONE Cheque to cover all entries.

Cheques payable to HCASA.

Please enclose a LARGE (at least A4 size) STAMPED SELF ADDRESSED ENVELOPE for the return of your Entry Cards.

HCASA General and Swimming Championship Conditions shall apply. See attached sheet for updates.

Swimmers who are members of more than one Club must state on their entry form the name of the Club which they represent. It is a condition of SCASA that only those swimmers who have competed in or entered HCASA Championships may be selected to represent HCASA in the District Inter-County Competition.

Age as at December 31st 2000.

Juniors are under 17 years of age on December 31st 2000 (born 1984 or later.)

| | | |
|--------|---------------------------|---|
| Events | 11yrs/under | 50m & 200m 4 Strokes, 100m IM, |
| | 12yrs | 50m, 100m, 4 strokes, 200m Back, Breast, Fly, IM, 400m Freestyle |
| | 13yrs, 14yrs, | 50m, 100m & 200m 4 Strokes, 200m, 400m IM, 400m, 800m Freestyle |
| | 15yrs, 16yrs, 17yrs(male) | 50m, 100m, 200m 4 Strokes, 100m, 200m, 400m IM, 400m, 800/1500m F/S |
| | Open & Junior | as 15yrs |

Awards See attached sheet

All swimmers aged 11yrs/under-14yrs who compete in an individual event on March 11/12th at Waterlooville shall receive a commemorative swimming hat.

Age-Group Swimmers from the Channel Islands who wish to swim the age-group 800/1500m Freestyle in the Channel Island Championships in order to accumulate British Age Group Points to count towards an overall or category total must submit an entry together with the appropriate fee.

All Competitors shall have achieved the Standard Time required within the previous EIGHT months.

All individual events HDW except Open 50m and 100m when Finals shall be swum.

Team events shall have heats and finals except Open 4x200m Freestyle.

The Junior Champion shall be determined by reference to performance in the Final, followed by heat times and placings. Subsequent placed Juniors shall be adjudged on the same principle.

The RAE Aggregate Age-Group Trophies will be awarded to the male and female swimmer aged 11/un -14yrs who gain the highest overall points total using British Age Group Points.

Each Club will be provided with 2 Coaches passes.

Swimming galas may be noisy events with cheering, whistling and other forms of support by clubs for their swimmers. Those attending are advised to bring some form of ear protection such as ear plugs, muffs or defenders if they feel the noise level is likely to cause distress.

Jane Davies November 1999

Annex G Award Scheme

INDIVIDUAL EVENTS AND AWARDS

a) Open (Men and Women) and :Freestyle 50m,100m, 200m, 400m, 800m (female) 1500m (male)

Junior (Boys and Girls): Backstroke, Breaststroke, Butterfly, 50m, 100m,200m
Individual Medley 100m, 200m, 400m

Awards will be made for each individual event. First, Second and Third shall receive medals.

b) Age 15years, 16years (Boys and Girls), and 17years (Boys only)

Events : as Open and Junior

Awards: as Open and Junior, plus additional awards for swimmers placed 4th,5th,6th 7th and 8th.

Category awards: Swimmers placed First, Second and Third shall receive medals based on their combined performance in the events listed in each category below.

Sprint Freestyle:50m,100m,200m

Distance Freestyle: 200m,400m and 800m (female), 1500m (male)

Backstroke: 50m,100m, 200m

Breaststroke: 50m,100m,200m

Butterfly: 50m,100m,200m

Individual Medley: 100m,200m,400m

c) Swimmers in the remaining age groups 11years/under, 12years, 13years, 14years shall receive awards based on their overall performance in a range of events as listed using the British Age Group Points.

Swimmers placed first, second and third shall receive medals, fourth, fifth, sixth, seventh and eighth shall also receive an award.

d) Age 13years and 14years

Events: as Open and Junior without 100m Individual Medley

Awards: Overall awards shall be made as 5c) based on the total number of points attained in FIVE events. One swim of 50m, one of 100m, one of 200m, the 200m Ind. Medley and either 400m or 800m Freestyle(girls) , 400m or 1500m Freestyle (boys).

e) Age 12years

Events: Freestyle 50m, 100m, 400m, Individual Medley 200m

Backstroke, Breaststroke, Butterfly 50m, 100m, 200m

Awards: Overall awards shall be made as 5c) based on the total number of points attained in FIVE events. One swim of 50m, one of 100m , one of 200m, the 200m Ind. Medley and 400m Freestyle.

f) Age 11 years and under:

Events: Freestyle, Backstroke, Breaststroke , Butterfly, 50m and 200m,

Individual Medley 100m.

Awards: Overall awards shall be made as 5c) based on the total number of points attained in FOUR events. One swim of 50m, one 200m swim of backstroke, breaststroke, butterfly, 200m Freestyle and the 100m Individual Medley.

Annex H Results: 13 years Boys using British Age-Group Points

| | Name | Club | 50's | 100's | 200's | Medley | Distance | Total |
|----|-----------------------|--------------|------|-------|-------|--------|----------|-------|
| 1 | Simon Le Couillard | Tigers Jer | 593 | 570 | 590 | 590 | 549 | 2892 |
| 2 | Joshua Sweeney | Winchester | 576 | 523 | 456 | 516 | 515 | 2586 |
| 3 | Peter Hall | Fareham N'ds | 563 | 504 | 534 | 447 | 514 | 2562 |
| 4 | Max Underhay | Portsmouth N | 630 | 571 | 555 | 575 | | 2331 |
| 5 | Nick Barber | Fareham N'ds | 498 | 428 | 437 | 420 | 480 | 2263 |
| 6 | Richard O'Donnell | Fareham N'ds | 527 | 425 | 450 | 419 | 426 | 2247 |
| 7 | Paul Rickman | Basingstoke | 469 | 415 | 441 | 406 | 486 | 2217 |
| 8 | Steven Johnson | Portsmouth N | 417 | 396 | 458 | 359 | 388 | 2018 |
| 9 | Tom Rose | Alton | 400 | 374 | 377 | 353 | 389 | 1893 |
| 10 | Lloyd Terry | Winchester | 380 | 364 | 400 | 361 | 365 | 1870 |
| 11 | James Chappell | Portsmouth N | 488 | 410 | 455 | | 467 | 1820 |
| 12 | Graeme Holland | Fareham N'ds | 482 | 398 | 377 | 362 | | 1619 |
| 13 | Matthew Robert | Beau Sejour | 452 | 378 | | 330 | | 1160 |
| 14 | Harry Read | Seagulls | 414 | 374 | | 364 | | 1152 |
| 15 | Robert Coe | Rushmoor Ryl | 414 | 337 | 375 | | | 1126 |
| 16 | Phillip Thomas | Winchester | 435 | 374 | | | | 809 |
| 17 | Christopher Pierce | New Milton | 387 | 384 | | | | 771 |
| 18 | Daryl Jenkins | Winchester | 423 | 347 | | | | 770 |
| 19 | Glenn Devereux-Bailey | Seagulls | 395 | 373 | | | | 768 |
| 20 | Philip Brown | Rushmoor Ryl | | | 321 | | 375 | 696 |
| 21 | Charles Pearce | Portsmouth N | 369 | 322 | | | | 691 |
| 22 | Carl Norton | Rushmoor Ryl | 333 | | | 346 | | 679 |
| 23 | Callum Perry | Co South'ton | 387 | | | | | 387 |
| 24 | Aaron Fitz-Hugh | Hamble Aq | 371 | | | | | 371 |

Full Results at www.hcasa.org.

Annex I Results: 15 years Girls using Categories and GB Points

| | Name | Club | 50 Free | 100 Free | 200 Free | Total |
|---|----------------------|--------------|---------|----------|----------|-------|
| 1 | Elizabeth Kreuz | West Wight | 685 | 693 | 739 | 2117 |
| 2 | Jennifer Etherington | Portsmouth N | 662 | 606 | 678 | 1946 |
| 3 | Kristen Holt | Portsmouth N | 614 | 634 | 652 | 1900 |
| 4 | Sara Baddeley | Rushmoor Ryl | 634 | 602 | 638 | 1874 |
| 5 | Diana Kilmister | Havant & Wat | 591 | 625 | 652 | 1868 |
| 6 | Emma Preston | Rushmoor Ryl | 599 | 573 | 649 | 1821 |

| | Name | Club | 200 Free | 400 Free | 800 Free | Total |
|---|-------------------|--------------|----------|----------|----------|-------|
| 1 | Laura Wills | Portsmouth N | 686 | 729 | 728 | 2143 |
| 2 | Charlotte Bowsher | Portsmouth N | 570 | 613 | 631 | 1814 |
| 3 | Sian du Feu | Tigers Jer | 574 | 615 | 576 | 1765 |
| 4 | Elizabeth Kreuz | West Wight | 739 | 787 | | 1526 |
| 5 | Emma Preston | Rushmoor Ryl | 649 | 664 | | 1313 |
| 6 | Victoria Prude | Seagulls | | 612 | 653 | 1265 |

| | Name | Club | 50 Back | 100 Back | 200 Back | Total |
|---|------------------|--------------|---------|----------|----------|-------|
| 1 | Clare Woodcock | Portsmouth N | 633 | 657 | 660 | 1950 |
| 2 | Laura Ball | Rushmoor Ryl | 601 | 575 | 616 | 1792 |
| 3 | Elizabeth Kreuz | West Wight | 695 | 719 | | 1414 |
| 4 | Kirsty Nash | Rushmoor Ryl | | 642 | 725 | 1367 |
| 5 | Samantha Lowndes | Guernsey | 656 | 645 | | 1301 |
| 6 | Victoria Murray | Havant & Wat | | 570 | 588 | 1158 |

| | Name | Club | 50 Breast | 100 Breast | 200 Breast | Total |
|---|------------------|--------------|-----------|------------|------------|-------|
| 1 | Gail Strobbridge | Beau Sejour | 659 | 665 | 692 | 2016 |
| 2 | Leah Dunford | Tigers Jer | 557 | 603 | 582 | 1742 |
| 3 | Emma Preston | Rushmoor Ryl | 565 | 568 | 533 | 1666 |
| 4 | Elizabeth Ridley | Basingstoke | 468 | 495 | 492 | 1455 |
| 5 | Kirsty Nash | Rushmoor Ryl | | 680 | 689 | 1369 |
| 6 | Alex Savage | RomseyTotton | 668 | 677 | | 1345 |

| | Name | Club | 50 Fly | 100 Fly | 200 Fly | Total |
|---|------------------|--------------|--------|---------|---------|-------|
| 1 | Laura Wills | Portsmouth N | 602 | 648 | 663 | 1913 |
| 2 | Sian du Feu | Tigers Jer | 517 | 500 | 458 | 1475 |
| 3 | Alex Savage | RomseyTotton | 719 | 693 | | 1412 |
| 4 | Kirsty Nash | Rushmoor Ryl | | 604 | 648 | 1252 |
| 5 | Gail Strobbridge | Beau Sejour | 637 | 607 | | 1244 |
| 6 | Sara Baddeley | Rushmoor Ryl | 611 | 556 | | 1167 |

| | Name | Club | 100 IM | 200 IM | 400 IM | Total |
|---|------------------|--------------|--------|--------|--------|-------|
| 1 | Gail Strobbridge | Beau Sejour | 743 | 716 | 678 | 2137 |
| 2 | Laura Wills | Portsmouth N | 670 | 690 | 703 | 2063 |
| 3 | Clare Woodcock | Portsmouth N | 661 | 646 | 662 | 1969 |
| 4 | Samantha Lowndes | Guernsey | 662 | 624 | 624 | 1910 |
| 5 | Alex Savage | RomseyTotton | 796 | 771 | | 1567 |
| 6 | Kirsty Nash | Rushmoor Ryl | | 733 | 725 | 1458 |

Note: only the top six swimmers in each Category are shown.
Full Results at www.hcasa.org.