



Starter On-Deck Training Session # ____

TRAINEE NAME: _____ DATE: _____

MEET NAME: _____ MEET SESSION #: _____

*(a minimum of four (4) sessions total over two (2) meets with two (2) Trainers)
Time trials and freestyle only sessions shall not count toward training session requirements.*

ENSURES A FAIR START FOR ALL SWIMMERS!

EVALUATION CODES: P = Proficient NW = Needs Work D = Not Observed/Discussed		
SKILL OBSERVED	CODE	COMMENTS
Provides effective timers meeting		
Verifies that the starting equipment is operating properly		
Delivers "Take Your Mark" calmly and with necessary volume		
Comfortable holding microphone and cord		
Shows patience before delivering TYM and starting signal		
Knows the rules for backstroke starts		
Knows the rules for forward starts		
Records order of finish		
Understands and practices the false start protocol		
Understands the use of other commands		
Understands and/or initiates recall if unfair start		
Demonstrates the start for a hearing impaired swimmer		
Understands how to start swimmers with disabilities		
Uses proper protocols and procedures for distance heats/events		
Acts diplomatically, professionally, and respectfully with others		

** Required*

Is trainee recommended to become a certified Starter? * ☐ Yes ☐ No

If no, what does the trainee need to work on going forward in their training?

TRAINER: _____ MEET REFEREE: _____

Trainer must be certified in the position for at least one (1) year.