# Starter Apprenticeship Form *(Coach/Athlete)*
## Minnesota Swimming
Updated September 2024

Name:_____ Club:_____

Email:_____

Current and former USA Swimming coaches (5+ years experience) and athletes (5+ years experience as a 13 and over athlete) bring a unique perspective to the officiating community that means expedited training may be possible in becoming a Starter. Experienced Referees will work with you over the course of two apprentice sessions to cover everything you need to know to be a successful Starter. This form will guide you through the process. When complete, e-mail a photo of this form to **mnsicertifications@gmail.com**.

## Prior to Beginning Apprenticing

| Task | Date Complete |
|------|---------------|
| Certified as a Stroke and Turn Official for a minimum of 3 months | |
| Officiated at least 4 sessions at 2 meets as a certified Stroke and Turn Official. | |

## Prior to Certification as a Starter

| Task | Date Complete |
|------|---------------|
| Complete Starter Online Module in USA Swimming University. | |
| Complete 2 apprentice sessions. | |
| Send a scan or photo of this log to the MNSI Officials Chair. | |

## Apprentice Sessions

**Session 1:**

Meet Date:_____ Meet Referee:_____

Meet Host:_____ ☐ Home meet  ☐ Away meet  ☐ 12 & Under  ☐ 13 & Over

**Session 2:**

Meet Date:_____ Meet Referee:_____

Meet Host:_____ ☐ Home meet  ☐ Away meet  ☐ 12 & Under  ☐ 13 & Over

**Please briefly describe your swimming experience here. List club, high school, and/or collegiate experience and number of years.**

## Performance Checklist

Complete with trainer during your final apprentice session. If any skills are not met, trainer should send written proposed plan to help apprentice (e.g. additional apprentice sessions, rewatch clinic) to the apprentice and the Minnesota Swimming Officials Chair. Mark Y for Yes, N for No, and ND for not demonstrated.

| | |
|---|---|
| | Arrives on-time, prepared with necessary personal equipment and properly & professionally attired. |
| | Knows the rules for starting |
| | Demonstrate ability to start swimmers with a wide range of age and experience. |
| | Understands basic starting protocols and procedures (distance counting, OOF, etc.) |
| | Understands how to start swimmers with disabilities. |
| | Demonstrates the Start for a hearing impaired swimmer. |
| | Demonstrates both forward and backstroke starts. |
| | Understands how the starting system operates. |
| | Establishes a comfortable starting position on deck for both forward and back starts. |
| | Demonstrates ability to communicate and interact with the DR (positioning, inserting swimmers, etc...). |
| | Prepared and in position prior to each heat; comfortable holding microphone and securing cord. |
| | Delivers TYM calmly and with necessary volume. |
| | Shows PATIENCE before delivering TYM and starting signal. |
| | Understands the use of Other Commands. |
| | Understands and practices the False Start Protocol. |
| | Always gives the benefit of the doubt to the swimmer. |
| | Understands performance criteria as outlined in Starter Professional Document. |
| | Understands USA Swimming Safe Sport and MAAPP rules. |

Signature of Trainer_____Date_____

Signature of Meet Referee_____ Date_____

**Thank you for volunteering as an official! Once complete, please send a photo or scan of your apprentice form to the Minnesota Swimming Officials Chair.**

## False Start Scenarios

It can be challenging to learn what is and what is not a false start as you first become a Starter. Below are some scenarios that detail what is and what is not a false start. A full, more detailed PDF version of these scenarios can be found on the USA Swimming website (search for "False Start Scenarios").

| FALSE START | NOT A FALSE START |
|---|---|
| ☐ Swimmer leaves the set or stationary position prior to the starting signal. The starting signal is given and the race proceeds. (Scenario #1) | ☐ Swimmer loses balance and falls in the pool prior to getting in the set or stationary position. (#6) |
| ☐ Swimmer leaves the set or stationary position prior to the start, attempts to catch himself/herself. Starter says nothing and the swimmer goes into the pool. (#2) | ☐ Swimmer leaves the set or stationary position prior to start; Starter says "Stand Please" and the swimmer is able to stand without falling in the pool. (#4) |
| ☐ Swimmer leaves the set or stationary position prior to start, the Starter says "Stand Please" but the swimmer still falls in the pool. (#3) | ☐ When the Starter says "Stand Please" a swimmer, other than the one who left the set position, reacts to the 'Stand' and enters the water. (#5) |