



GULF Swimming - Apprentice Training Log Starter



Apprentice's Name		Date of 1st Session	
Meet Name / Host / Location		Short or Long Course	
# Sessions on this ATL		Meet Referee	

Apprenticeship Requirements

Rating	Skill	Comment on Skill if Not Met	Trainer(s) Name
M = Skill Mastered. NM = Skill Not Mastered. N/O = Skill not observed during session.			
	Punctual for briefing and assigned deck positions. Prepared with necessary equipment and in proper uniform.		
	Demonstrates ability to communicate and interact with the DR (positioning, inserting swimmers, etc...)		
	Prepared for each start & establishes a comfortable starting position on deck for both forward and back starts		
	Knows the rules for starting & basic starting protocols and procedures such as lap counting, bell ringing, OOF, etc.)		
	Understands how the starting system operates, checks equipment before each session.		
	Demonstrate ability to start swimmers across a wide range of age and proficiency with both forward & backward starts.		
	Delivers TYM calmly and with necessary volume, shows patience before delivering TYM and starting signal.		
	Understands how to start swimmers with disabilities including hearing impaired swimmers.		
	Understands and practices the False Start Protocol. Recognizes false starts with appropriate benefit of doubt going to the swimmer.		
	Knows how to handle mistakes & unusual situations. Understand the use of other commands in these situations.		
	Understands performance criteria as outlined in Starter Professional Document		
	Understands USA Swimming Safe Sport and MAAPP rules.		

Please ensure the Meet Referee receives a copy of this completed form PRIOR to leaving the meet.