



# GULF Swimming - Apprentice Training Log



## Stroke & Turn

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
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**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.		
	Good teamwork with officials as well as being respectful of officials, coaches, meet volunteers, spectators, and athletes.		
	Understands and applies proper positioning on deck. Understands and demonstrates the correct procedure for walking stroke.		
	Understands and applies communicated jurisdictions and protocols.		
	Understands and applies the rules for the start, stroke, kick, turn, and finish for butterfly.		
	Understands and applies the rules for the start, stroke, kick, turn, and finish for backstroke.		
	Understands and applies the rules for the start, stroke, kick, turn, and finish for breaststroke.		
	Understands and applies the rules for the start, stroke, kicks, turn, and finish for freestyle.		
	Understands and applies the rules for individual medley.		
	Understands and applies the rules for relays as well as and demonstrates the correct use of relay take-off procedures & cards.		
	Comfortable making calls as appropriate and understands when a call is not appropriate. Always gives benefit of doubt to the swimmer.		
	Can recognize & correctly communicate a DQ and what was observed using USAS rulebook language. Able to correctly use radio to convey DQ.		
	Understands performance criteria as outlined in Stroke & Turn Judge 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.