



1. ATTEND A CLINIC

Certified clinic instructors host Zoom clinics

List of dates found HERE



2. FILL OUT THE APPRENTICE FORM

Filling out the <u>linked form</u> allows you to apprentice with a free 60 day USAS membership



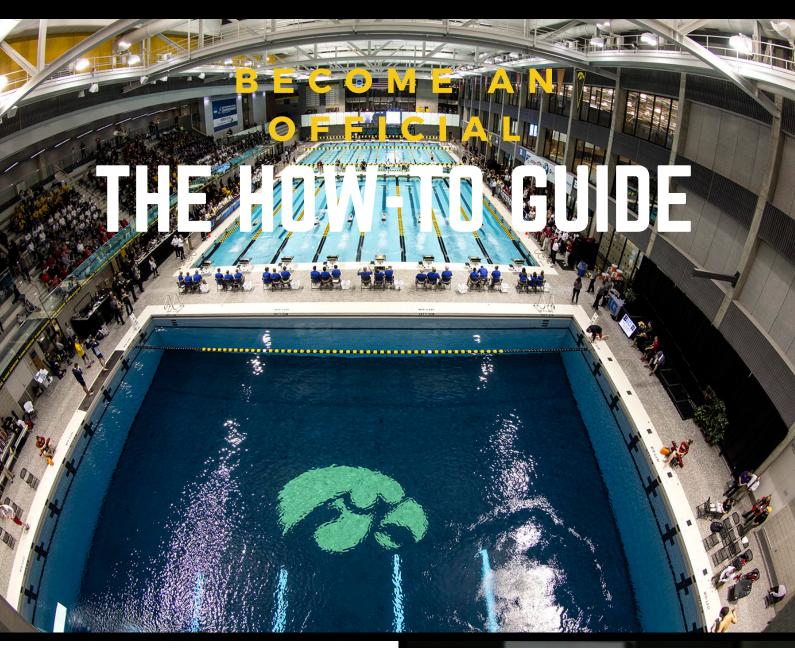


3. OPEN A FREE ACCOUNT

Go to USAswimming.org and generate a
Stroke & Turn/Timer test. Complete it with
no less than a score of 80%. It's
recommended to complete this test prior to
the clinic or shortly after.

4. APPRENTICE ON DECK

Sign up in 1 hour prior to the start of a session. Attend the briefing, bring your apprentice form, and be assigned with a certified official mentor!





5. COMPLETE YOUR USAS MEMBERSHIP

Within 60 days of your first session on deck, fill out your membership and submit a Level 2 background check. Complete the free athlete protection training seminar online.



6. LEARN ABOUT OTS

The Officials Tracking System shows you your complete history, accomplishments, and contributions to the athletes of lowa Swimming (& beyond!) It serves as a record if you take your volunteer expenses off on your taxes

RESOURCES

2021 USA Swimming Rulebook

USA Swimming Information



IOWA SWIMMING

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