

STARTER TRAINING LOG

OFFICIAL'S NAME / TEAM				
SESSION 1 DATE / MEET / TRAINER / LSC				
SESSION 2 DATE / MEET / TRAINER / LSC				
SESSION 3 DATE / MEET / TRAINER / LSC				
SESSION 4 DATE / MEET / TRAINER / LSC				
APPRENTICESHIP REQUIREMENTS				
USA Swimming Member				
Certified Stroke & Turn Judge for a minimum of 3 months. Worked at least 4 sessions at a minimum of 2 meets since ST certification.				
Attend Starter training clinic (Please indicate date to the left)				
Apprentice as Starter for at least 4 training sessions total, over 2 meets with 2 trainers. Trainer can be the Deck Referee. OR Coach and Athlete Members with 5+ years of USA Swimming experience shall apprentice as a starter for at least 2 training sessions with a trainer				
Pass the USA Swimming Starter online certification test with a score of 80% or more.				
Session 1	Session 2	Session 3	Session 4	CERTIFICATION PERFORMANCE REQUIREMENTS FOR CERTIFICATION May be evaluated during last apprentice session and use MR sign-off for each session. Y-Yes, N-No, ND - Not Demonstrated
				Arrives on-time, prepared with necessary personal equipment and properly & professionally attired
				Knows the rules for starting
				Demonstrate ability to start swimmers across a wide range of age and proficiency
				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, 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
Comments (if needed)(Can use back of sheet)				
Signature of MR (session 1)			MR (session 2)	
Signature of MR (session 3)			MR (session 4)	
Recommend Certification as Starter (Y/N)				

Email completed form to: certifier@utahswimming.org (must complete within one year of clinic)