



Illinois YMCA Swimming Level I on-deck Training

Trainee Name: _____	YMCA: _____	Date: _____
Trainee Email: _____		
Meet: _____	Meet Session: _____	Training Session: _____
Rating system: P (proficient to perform unsupervised) I (understands concepts and rules, but needs more training) N (not satisfactory) N/A (not observed at this meet)		

Skill Observed	Rating	Comments
Deck position-in place to observe swimmers		
Understands lead/lag as a stroke judge		
Understands relay take-off procedures and cards		
Properly communicates DQ's to CJ/DR and writes slip correctly		
Dressed appropriately		
Understands Jurisdiction		
On time in rotation and relief		
Applies and knows backstroke rules		
Applies and knows breaststroke rules		
Applies and knows butterfly rules		
Applies and knows freestyle rules		
Knows order of IM/ Medley events and applies turns and finishes correctly		

Should this session count for training? **YES**_____**NO**_____ (if no, please explain)

What can you tell the Committee about the session, the trainee and the training conducted? What should the trainee work on in their next session(s)?

Trainer_____	Club:_____
Meet Referee signature:_____	Club:_____

This training sheet needs to be photographed(or scanned) and emailed to your district representative and the State Officials Chair