

CST Stroke and Turn Clinic

May 19, 2023



Welcome and Introductions



Agenda

Stroke and Turn Officials Clinic

May 19, 2023

5:30 pm Aquatics Room

Purpose of meeting: Review and train parent volunteers as stroke and turn officials

Objectives	Timeframe	Facilitator
• Welcome/Introductions	5 minutes	CST Board
• Purpose of officials	5 minutes	
• Process for officials	10 minutes	
• Proper Strokes: <ul style="list-style-type: none">○ Freestyle○ Breaststroke○ Butterfly○ Backstroke • Relays: <ul style="list-style-type: none">○ Individual Medley (IM)○ Relays	30 minutes	
• Next Steps	5 minutes	
• Q & A	5 minutes	

Purpose of Officials

** Responsible for ensuring the fair and safe conduct of CST Swim Meets **

Referee

- ✓ Assigns S/T officials jurisdictions for each swim session (balances the deck)
- ✓ Enforces rules- has full control of the deck
- ✓ Decides appeals and mediates disputes
- ✓ Safety officer

Starter

- ✓ Responsible for a fair and equitable start for each swimmer
- ✓ Works in conjunction with the referee

Chief Judge- (Ideal State ☺)

- ✓ Mentors S/T judges and is an important position for the successful running of an efficient and timely swim meet
- ✓ Deck officials' representative to the referee

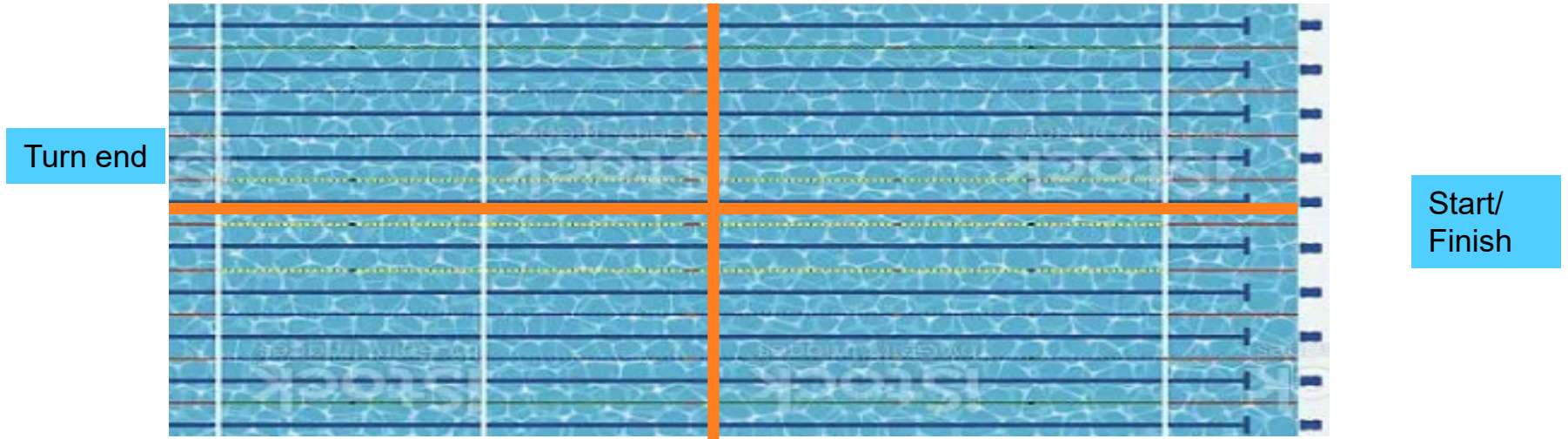
Stroke and Turn officials

- ✓ Ensures the rules relating to strokes and turns are being observed
 - Legal strokes during the swim
 - Legal turns
 - Legal finishes



Overview

Pool Quadrants and Areas of Jurisdiction



Process for Stroke and Turn Officials

Observe Swimmers During the Race and Report What You See



Raise your hand!!!



Make notes on your heat sheet



Fill out the DQ slip

The Benefit of the Doubt Goes To The Swimmer!

Strokes:

Freestyle- Event where swimmers may choose any stroke. The Australian Crawl is the most commonly used stroke and the fastest.

Breaststroke- Stroke in which swimmer moves through the water on their front using a frog-like motion with arms and legs.

Butterfly- Stroke in which swimmer moves through the water on their front using a dolphin like motion with arms and legs.

Backstroke- Stroke in which swimmer moves through the water on their back using alternating motion with arms and leg.

Individual Medley- One swimmer, four strokes in a specific order: Fly, back, breast, freestyle

Relays:

Four swimmers each swimming an assigned stroke and an equal distance

- **Freestyle** – Each member of the relay team swims freestyle
- **Medley**- Each member of the relay team swims a different stroke in a specific order: back, breast, fly and freestyle
- **Mixed Relays**- Brand new this year!!!

Disqualification Report (DQ slips)- USA Swimming

Let's Practice!



Next Steps

Sign up !

Apprentice with an experienced S/T Judge until confidence is achieved- six sessions is recommended

Build confidence, ask questions, learn!

USA Swimming Certification (District and State Meets)

Visit the USA Swimming website to watch the training videos!
<https://www.usaswimming.org/officials/how-to-become-an-official>

“Swimming is not about the times, the medals, or the records. It’s about the experiences, the memories, and the moments that make it all worth it. It’s about the swimmers and their journey to becoming the very best they can be both in and out of the pool.”

