STARTER - APPRENTICESHIP FORM

APPRENTICE NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ TEAM: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

EMAIL: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_CLINIC DATE: \_\_\_\_\_\_\_\_\_\_­\_\_\_\_ CLINIC INSTRUCTOR: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Rating System:  **P**= Proficient to perform unsupervised  **I**= Improved during session but still needs more training/experience  **N**= Needs More Training/Experience  **X**=Failed to satisfactorily perform the necessary function  **N/A**=Not observed or not applicable to this meet | Knows the rules for starting | Knows basic starting protocols & procedures (distance counting, OOF, etc.) | Understands how the starting system operates | Good starting position for forward & back starts | Prepared & in position prior to each heat; comfortable & relaxed with microphone | Delivers TYM calmly and necessary volume (conversational) | PATIENT before TYM & starting signal (allows time for swimmers to take mark) | Observes swimmers to heads up | Knows false start & recall protocol | Knows use of other commands | Knows how to start swimmers with disabilities |  |
| **Session 1**  Meet:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |  |  |  |  |  |  | Mentor:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Meet Ref:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Session 2**  Meet:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |  |  |  |  |  |  | Mentor:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Meet Ref:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Session 3**  Meet:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |  |  |  |  |  |  | Mentor:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Meet Ref:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Session 4**  Meet:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |  |  |  |  |  |  | Mentor:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Meet Ref:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Session 5**  Meet:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |  |  |  |  |  |  | Mentor:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Meet Ref:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**COMMENTS:**

* After all 5 sessions are completed, the apprentice shall email the completed Apprenticeship Form to current officials chair. Email can be found on the Officials tab of kylsc.org.