

STARTER TRAINING LOG



TRAINEE NAME		TEAM	
SESSION 1: DATE	MEET	TRAINER'S NAME	Trainer? (Y/N) LSC
SESSION 2: DATE	MEET	TRAINER'S NAME	Trainer? (Y/N) LSC
SESSION 3: DATE	MEET	TRAINER'S NAME	Trainer? (Y/N) LSC
SESSION 4: DATE	MEET	TRAINER'S NAME	Trainer? (Y/N) LSC
SESSION 5: DATE	MEET	TRAINER'S NAME	Trainer? (Y/N) LSC
SESSION 6: DATE	MEET	TRAINER'S NAME	Trainer? (Y/N) LSC
Apprenticeship Requirements			
Certified Stroke & Turn Judge for a minimum of 3 months. Worked at least 4 sessions at a minimum of 2 meets since ST certification.			
USA Swimming Member Number:			
Date attended Starter training clinic:			
Date passed the USA Swimming Starter certification test with an 80% and completed survey:			
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.			
Session 1	Session 2	Session 3	Certification Performance Requirements for Certification Evaluated during each apprentice session by evaluator and 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 independently start swimmers across a wide range of age and proficiency
			Understands basic starting protocols and procedures (distance counting, OOF, etc.)
			Understands how to independently 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, etc...)
			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.
Signoff Comments			
Printed Name of MR (session 1)		Printed Name of MR (session 2)	
Printed Name of MR (session 3)		Printed Name of MR (session 4)	
Printed Name of MR (session 5)		Printed Name of MR (session 6)	
Recommend Certification as Starter (Y/N)			

When all training sessions and the training log are completed:

- a. Scan or take a photo of this training log.
 - b. Also, on your USA Swimming Account go to Official -> My Official History -> Meet History and take a snapshot of your official history.
 - c. Then email this training log and your official history to the Area Officials Chair for your team.
- See the OSI Area Officials Chair web page - <https://www.oregonswimming.org/page/officials/area-officials-chairs>

Session 1 Comments:

Session 2 Comments:

Session 3 Comments:

Session 4 Comments:

Session 5 Comments:

Session 6 Comments: