

# STARTER TRAINING LOG



TRAINEE NAME		TEAM		
SESSION 1: DATE		MEET	TRAINER'S NAME	
SESSION 2: DATE		MEET	TRAINER'S NAME	
SESSION 3: DATE		MEET	TRAINER'S NAME	
SESSION 4: DATE		MEET	TRAINER'S NAME	
SESSION 5: DATE		MEET	TRAINER'S NAME	
SESSION 6: DATE		MEET	TRAINER'S NAME	
<b>Apprenticeship Requirements</b>				
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.				
<b>Certification Performance Requirements for Certification</b>				
Evaluated during each apprentice session by evaluator and MR sign-off for each session. Y-Yes, N-No, ND - Not Demonstrated				
Session 1	Session 2	Session 3	Session 4	Session 5
				Session 6
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.				
<b>Signoff Comments</b>				
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)		
<b>Recommend Certification as Starter (Y/N)</b>				

**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 -> Official Reports --> Official History and take a snapshot or export a pdf.
- 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:**