

STROKE AND TURN 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

USA Swimming Member, Foundations of Officiating Course, Background Check, APT Training, Concussion Training
Date attended a Stroke and Turn clinic:
Date passed the USA Swimming ST Certification test with an 80% and completed survey:
Apprentice as a Stroke and Turn Judge for at least 4 training sessions at a minimum of 2 meets with a trainer. OR Coach or Athlete members with 5+ years USA Swimming experience shall apprentice as a Stroke and Turn Judge for at least 2 training

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	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, in proper and professional uniform.
						Is respectful of other officials, coaches, meet volunteers, spectators, and athletes.
						Understands and can independently apply proper positioning on deck.
						Understands and can independently apply communicated jurisdictions and protocols.
						Understands and can independently apply the rules for the start, stroke, kick, turn, and finish for butterfly.
						Understands and can independently apply the rules for the start, stroke, kick, turn, and finish for backstroke.
						Understands and independently apply the rules for the start, stroke, kick, turn, and finish for breaststroke.
						Understands and can independently apply the rules for the start, stroke, kicks, turn, and finish for freestyle.
						Understands and can independently apply the rules for relays.
						Understands and can independently apply the rules for individual medley.
						Is comfortable making calls as appropriate and also understands when a call is not appropriate.
						Can correctly communicate a disqualification and what was observed using USA Swimming rulebook language.
						Always gives the swimmer the benefit of the doubt.
						Understands performance criteria as outlined in Stroke & Turn Judge 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 Stroke and Turn Judge (Y/N)	

When complete, scan and email this training log and your official report to your Area Officials Chair for certification.

20260108

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: