

STARTER APPRENTICESHIP FORM

Name: _____ Club: _____

Email: _____

Although being a Starter may seem a bit intimidating at first, experienced Referees will work with you over the course of five shadow sessions to cover everything you need to know to become a USA Swimming Starter – use this form as a guide through the process.

To ensure the best possible educational experience at your shadow sessions, we ask that you complete at least one shadow session at an away meet, at least one shadow session at a 12 and under session, and at least one shadow session at a 13 and over session. **Note:** Additional copies of this form can be downloaded from the www.mnswim.org under the “Officials” tab.

When complete, mail or e-mail a photo of this form to:

Jack Swanson: JSwanson1519@gmail.com and mnswimofficialschair@gmail.com

SHADOW SESSION LOG

Session 1: Understand the Basics of Starting

- | | | |
|--|---|---------------------------------------|
| <input type="checkbox"/> Overview of Responsibilities | <input type="checkbox"/> Holding the Microphone | <input type="checkbox"/> “Home” Meet |
| <input type="checkbox"/> The Short and Long Whistle Protocol | <input type="checkbox"/> Where to Stand | <input type="checkbox"/> “Away” Meet |
| | <input type="checkbox"/> “Take Your Mark” | <input type="checkbox"/> 12&U Session |
| | <input type="checkbox"/> Start a few races | <input type="checkbox"/> 13&O Session |

Referee: _____ Date: _____

- Referees: The bulleted tasks are suggested items to cover, actual items can vary. Please check off items as completed.

Session 2: Starting More Races – Developing a Consistent Cadence

- | | | |
|--|---|---------------------------------------|
| <input type="checkbox"/> Review of Responsibilities & Whistles | <input type="checkbox"/> Recording a False Start on the program | <input type="checkbox"/> 12&U Session |
| <input type="checkbox"/> Starting Backstroke races | <input type="checkbox"/> “Home” Meet | <input type="checkbox"/> 13&O Session |
| <input type="checkbox"/> False Start Basics | <input type="checkbox"/> “Away” Meet | |

Referee: _____ Date: _____

Session 3: False Starts and Distance Races

- | | | |
|---|--|---------------------------------------|
| <input type="checkbox"/> Understand all six False Start scenarios | <input type="checkbox"/> Counting Laps in Distance Races | <input type="checkbox"/> “Home” Meet |
| <input type="checkbox"/> Writing a False Start DQ Slip | <input type="checkbox"/> Starting 10 & Under Swimmers | <input type="checkbox"/> “Away” Meet |
| | | <input type="checkbox"/> 12&U Session |
| | | <input type="checkbox"/> 13&O Session |

Referee: _____ Date: _____

Session 4: Order of Finish and Timers Meeting

- | | | |
|---|---|---------------------------------------|
| <input type="checkbox"/> Practice Order of Finish when not starting | <input type="checkbox"/> Counting Laps in Distance Races & Bell | <input type="checkbox"/> “Home” Meet |
| <input type="checkbox"/> Record Order of Finish when starting | <input type="checkbox"/> Attend the Timers Meeting | <input type="checkbox"/> “Away” Meet |
| | | <input type="checkbox"/> 12&U Session |
| | | <input type="checkbox"/> 13&O Session |

Referee: _____ Date: _____

Session 5: Final Evaluation and Sign-off (Additional shadow sessions ok if needed)

- Stands in an appropriate location, handles the microphone appropriately
- Uses a consistent cadence with good volume
- Good Start timing – neither too slow or too fast
- Calls 'Stand Please' appropriately and when necessary
- Backstroke starts including 'Toes, Lane x' and 'Stand Please'
- Understands all six False Start Scenarios
- Records and presents False Starts observations correctly; write the False Start DQ slip
- Able to record Order of Finish while starting
- Distance races – accurately count laps and knows when to ring the bell
- Practiced at starting both younger and older swimmers
- Knows how to conduct a Timers Briefing
- "Home" Meet 12&U Session
- "Away" Meet 13&O Session

Final Certification

Date: _____

Meet Referee Name: _____

Signature: _____

Starter Exam Completed

Date: _____

When complete, mail or e-mail a photo of this form to:

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USA Swimming False Start Scenarios A full, more detailed PDF version of these scenarios can be found on the [USA Swimming](http://www.usaswimming.org) website (search for "[False Start Scenarios](#)")

FALSE START	NOT A FALSE START
<input type="checkbox"/> Swimmer leaves the set or stationary position prior to the starting signal. The starting signal is given and the race proceeds. (Scenario #1)	<input type="checkbox"/> Swimmer loses balance and falls in the pool prior to getting in the set or stationary position. (#6)
<input type="checkbox"/> Swimmer leaves the set or stationary position prior to the start, attempts to catch himself/herself. Starter says nothing and the swimmer goes into the pool. (#2)	<input type="checkbox"/> Swimmer leaves the set or stationary position prior to start; Starter says "Stand Please" and the swimmer is able to stand without falling in the pool. (#4)
<input type="checkbox"/> Swimmer leaves the set or stationary position prior to start, the Starter says "Stand Please" but the swimmer still falls in the pool. (#3)	<input type="checkbox"/> When the Starter says "Stand Please" a swimmer, other than the one who left the set position, reacts to the 'Stand' and enters the water. (#5)