



Apprentice Name: \_\_\_\_\_

## Stroke and Turn Apprentice Form

(refer to ND-LSC website for certification requirements)

S/T CLINIC: \_\_\_\_\_ DATE: \_\_\_\_\_

(Apprenticing during a State meet satisfies this requirement for ND-LSC)

State Referee Signature: \_\_\_\_\_

This is a 2-page form to help you navigate through the process of becoming a successful Stroke and Turn Judge.

Start the APPRENTICE process by completing online USA Swimming application, required certifications, and complete a MINIMUM of 6 apprentice sessions with 2 different Deck Refs and apprentice at a minimum of 2 different Swim Meets.

The first three apprentice sessions are to help you become more acclimated to the position, gain knowledge, and become intimately familiar with the different aspects of this position. You should always, but especially during these first 3 sessions, be asking many questions about the position, inquiring how to handle different situations as they arise, and getting a good perspective from each Stroke and Turn mentor with whom you work.

As you begin this journey, the following are some key elements of this position you need to become proficient in knowing and/or doing:

- 1) Adequate skills in using proper deck protocol;
- 2) Adequate training working a 10 & Under meet;
- 3) Adequate training working an 11 & Over meet;
- 4) Demonstrate professional deck presence at all times;
- 5) Be able to clearly express the rule infraction to Chief Judge and/or Deck Referee when requested;
- 6) Complete DQ slip accurately and in a consistent manner;
- 7) Show a clear understanding of the rules as they apply to the **Butterfly** stroke;
- 8) Show a clear understanding of the rules as they apply to the **Backstroke**;
- 9) Show a clear understanding of the rules as they apply to the **Breaststroke**;
- 10) Show a clear understanding of the rules as they apply to the **Freestyle** stroke;
- 11) Show a clear understanding the difference between an Intermediate Turn and a Transitional Turn (Finish) during the **Individual Medley** Event;
- 12) Understand how to perform as a **Relay Take-Off Judge**.

## II. Stroke & Turn Judge and Apprenticeship Requirements (Minimum Age 18\*)

Includes Chief Judge & Relay Take-Off Judge

1. Apprentice for six (6) sessions with at least three (3) different Mentors, preferably four (4) Different Mentors; sessions must be completed at three (3) or more different Meets and two (2) different pools.
2. The Apprentice should wear Khaki shorts, pants, or skirt, a white shirt, white socks, and white athletic shoes.
3. A Stroke and Turn Judge Apprentice session may not be composed exclusively of freestyle events.
4. The Apprentice may not have an independent deck assignment. The Mentor and Apprentice must always remain together on deck until the Apprentice is fully credentialed.
5. At the sixth session and beyond, at the discretion of the Mentor, the Apprentice may make disqualification calls.
  - a. The Mentor must be at the side of the Apprentice when the Apprentice is making any call.
  - b. The Mentor must verify any Apprentice's disqualification call. Upon review of the call, the Mentor may over-rule the call of the Apprentice, but the Mentor may not make any disqualification call that is independent of the Apprentice (to avoid over-officiating).
  - c. The Mentor should point out any missed disqualification call. At the discretion of the Mentor, the mentor may resume control of the position.
6. The Meet Referee at session six (6) will validate completion of the apprenticeship after a discussion with the Mentor of that session.
7. The Referee at session six (6) may require additional session(s) or the Apprentice may request additional sessions.
8. Following the third session of apprenticing, the Apprentice must successfully complete the USA Swimming online Stroke and Turn test, be a USA Swimming non-athlete member, complete the USA Swimming Background Check, Concussion Management Training and Safe Sport Training. The Apprentice must then complete the remaining apprentice sessions before becoming a certified USA Swimming Stroke and Turn Judge.
9. Apprentice Stroke and Turn officials may not have an independent deck assignment. The Mentor and Apprentice must always remain together on deck until the apprentice is fully credentialed.
10. Officials must attend a clinic and/or test every 2 years to maintain certification.
11. Officials must work a minimum of four (4) session per year in Stroke & Turn or higher capacity.

APPRENTICESHIP FORM

NAME:	ADDRESS:
PHONE:	CITY/STATE:
CLUB: Williston Sea Lions Swim Club (WSL)	USA REG.#:
<b>TEST Completed On:</b>	<b>CLINIC Attended On:</b>
STROKE & TURN	
STARTER	
REFEREE	

Apprenticed Swim Meets for ND-LSC Certification

SWIM MEET	DATE	TRAINER'S Name:	TRAINER'S Signature:
1			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
MEET REFEREE Print, Sign & Date:			