# Starter Clinic Notes

* Your job is to insure a fair and equitable start
* A couple days before the meet make sure the starting unit is charging
* Get to the pool early, I like to get there an hour before the meet starts
* Invigilate the pool during warmups
* Make sure the starting unit is setup properly and working
	+ Be sure to test the recall
	+ Starting unit should be positioned between the end of the pool from which the swimmers are starting and the backstroke flags at that end of the pool
* If you are not giving the Timer briefing at least attend it to make sure it was given properly
	+ Make sure you know who the Head Timer is and make sure to point them out to the Referee
	+ Perform timer check
		- Once timers are ready announce a 25 meet event, issue “Take Your Mark” command, then start
		- Wait 10 to 15 seconds
		- Announce swimmers coming into the wall in 3.. 2.. 1… then press start button again
	+ If giving the briefing
		- Read it from the script
		- Confirm swimmers name
		- Step back at the start
		- Start on strobe not sound
		- After start look at watch and make sure it is running
			* If not raise your hand to get attention of Head Timer
		- At finish step to the edge of the pool so you can see the entire wall
		- Stop when any portion of the swimmer touches the wall
		- Record times to the hundredths
			* Drop/truncate anything beyond that, do not round
		- Head lane timer is responsible for determining official time
			* If 2 of the 3 watches match then that is their time
			* If 3 different watch times take the middle
			* If only 2 watch times average them
		- For 25’s will swimmers start from the other end of the pool or will timers be moving?
* Make sure you have briefing/meeting with Referee
* Positioning
	+ You get priority positioning on pool deck
	+ Make sure that when the Referee extends their arm you can their arm without blocking your view of the swimmers and without having to turn your head
	+ Both the Referee and Starter should be positioned between the end of the pool from which the swimmers are starting and the backstroke flags on that end of the pool
	+ The starting unit should not be positioned between the Referee and Starter as that could cause swimmers and timers to miss the strobe
* How to use the starting system
	+ Press and hold the button on the side of the microphone to talk
	+ Hold microphone close to your mouth, just like a rock star
	+ Speak clearly into the microphone
	+ The red button signals the start, to press it you must be pressing the button to talk at the same time
	+ Once the swimmers are in the water do not depress the side button until you are sure there will be no recall
	+ To recall a heat press and hold the red button at the same
* The start
	+ Your job is to insure a fair and equitable start
		- You have no timeline
	+ “Take Your Mark” should be in a calm inviting tone
	+ Do not start a heat until you feel that they are ready
	+ Make sure you can see all swimmers, at the start, in a single gaze
	+ Wait for Referee to blow chirps
	+ Announce Event/Heat as it is written on meet program
		- After heat 1 just announce heat number
	+ For non-backstroke starts
		- After Referee blows long whistle wait for them to extend arm
		- Once extended wait until you feel the swimmers are ready then issue the “Take Your Mark” command
		- Once all swimmers are set send them
	+ For backstroke starts
		- If swimmer is using “legs” make sure heels do not extend over lip of the pool
		- First long whistle is for swimmers to step in
		- If they take too long then you can ask them to step in
			* Step in please
		- After Referee blows long whistle wait for them to extend arm
		- Once extended wait until you feel the swimmers are ready then issue the “Take Your Mark” command
		- Once all swimmers are set send them
	+ There is no set time between when the swimmers take their mark and you send them.
		- Once they are set you send them
		- Every heat is different
		- Do not get into a cadence
	+ You should stand the heat immediately if you have issued the “Take Your Mark” command and
		- The Referee pulls their hand down
		- Something out of the ordinary happens (aloud noise, a flash from a camera, a swimmer arriving late)
		- If swimmers take too long to settle or are jumpy
	+ The Stand Command
		- Stand Please
		- This should be said in a calm not startling tone in an attempt to not cause swimmers to actually start
		- Try to use a softer lower tone than what you use for “Take Your Mark”
		- The swimmers do not need to do anything you are simply telling them that you aren’t going to be starting them yet
		- Do not keep repeating stand waiting for all the swimmers to actually stand, once is enough
* Review False Start protocols
	+ Stationary vs motionless
	+ You initiate with the Referee
	+ Circle lane number and show to Referee
		- No words should be spoken
	+ If you match then write up DQ slip
	+ Pay attention to surroundings for external influences that may cause a false start (clapping, camera flash, loud noise, etc)
	+ What is a False Start
* How to start hearing impaired swimmers
	+ Start with your arm out at a 90 degree angle with your hand above/at your head
	+ As Referee blows 4+ chirps twist your hand back and forth
	+ On long whistle lift arm straight overhead
	+ As you issue “Take Your Mark” command lower arm to be outstretched to your side
	+ At the same time you actually press the starting button drop your arm
* Once swimmers are in the water
	+ Note any empty lanes on your meet program
	+ Assist the Referee as needed
	+ Keep an eye on/around the pool for any possible safety issues
	+ Observe swimmers for next heat
		- Does the number of swimmers match the heat sheet
		- Are the any potential issues (broken goggles, etc)
	+ If you see a Stroke and Turn raise their hand but the Referee misses it them let them know
	+ Keep an eye out for timers that need a new watch
	+ Make sure Timers and Stroke and Turn officials are stepping to the edge of the pool as necessary
	+ With relays keep an eye out for running and/or assisted starts
	+ If only using a single starting unit and the swimmers start 25s from turn end then after the last heat of the last event prior to a 25 move the starting unit to the other end of the pool once the swimmers are all safely in the water and any potential false starts are resolved