



### Stroke and Turn Apprentice Form

#### Apprentice Information

Full Name: \_\_\_\_\_  
Last First M.I.

Clinic Trainer: \_\_\_\_\_

Trainer Signature: \_\_\_\_\_ Clinic Date: \_\_\_\_\_

#### Non-Evaluation Sessions

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 be asking many questions about the position, inquiring how to handle different situations as they arise, and getting a good perspective from each Mentor with whom you work. These are Non-Evaluation Sessions.

**Session 1** Date: \_\_\_\_\_

- Timed Finals                       12 & Under                       2 Hours or Less
- Prelim or Finals (circle one)       13 & Over                       Greater than 2 Hours

Comments: \_\_\_\_\_  
\_\_\_\_\_

Mentor Signature: \_\_\_\_\_

Meet Ref Signature: \_\_\_\_\_

**Session 2** Date: \_\_\_\_\_

- Timed Finals                       12 & Under                       2 Hours or Less
- Prelim or Finals (circle one)       13 & Over                       Greater than 2 Hours

Comments: \_\_\_\_\_  
\_\_\_\_\_

Mentor Signature: \_\_\_\_\_

Meet Ref Signature: \_\_\_\_\_

**Session 3**

Date: \_\_\_\_\_

- |                                                        |                                     |                                               |
|--------------------------------------------------------|-------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> Timed Finals                  | <input type="checkbox"/> 12 & Under | <input type="checkbox"/> 2 Hours or Less      |
| <input type="checkbox"/> Prelim or Finals (circle one) | <input type="checkbox"/> 13 & Over  | <input type="checkbox"/> Greater than 2 Hours |

Comments: \_\_\_\_\_  
\_\_\_\_\_

Mentor Signature: \_\_\_\_\_

Meet Ref Signature: \_\_\_\_\_

**Evaluation Sessions**

*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 session; 3) Adequate training working an 11 & Over session; 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 for all strokes and turns ; 8) Understands and knows jurisdiction; 9) Understand how to perform as a Relay Take-Off Judge.*

**Session 4**

Date: \_\_\_\_\_

- |                                                        |                                                          |                                                            |
|--------------------------------------------------------|----------------------------------------------------------|------------------------------------------------------------|
| <input type="checkbox"/> Timed Finals                  | <input type="checkbox"/> 12 & Under                      | <input type="checkbox"/> 2 Hours or Less                   |
| <input type="checkbox"/> Prelim or Finals (circle one) | <input type="checkbox"/> 13 & Over                       | <input type="checkbox"/> Greater than 2 Hours              |
| <input type="checkbox"/> Proper Deck Protocol          | <input type="checkbox"/> Professional Deck Presence      | <input type="checkbox"/> Clearly State Infraction          |
| <input type="checkbox"/> Complete DQ slip accurately   | <input type="checkbox"/> Perform as Relay Take-Off Judge | <input type="checkbox"/> Understand Jurisdiction           |
| <input type="checkbox"/> Rules for Butterfly           | <input type="checkbox"/> Rules for Breaststroke          | <input type="checkbox"/> Rules for Backstroke              |
| <input type="checkbox"/> Rules for Freestyle           | <input type="checkbox"/> Rules for Turns and Finishes    | <input type="checkbox"/> Medley Rules (relay & individual) |

Mentor Signature: \_\_\_\_\_

Meet Ref Signature: \_\_\_\_\_

**Session 5**

Date: \_\_\_\_\_

- |                                                        |                                                          |                                                            |
|--------------------------------------------------------|----------------------------------------------------------|------------------------------------------------------------|
| <input type="checkbox"/> Timed Finals                  | <input type="checkbox"/> 12 & Under                      | <input type="checkbox"/> 2 Hours or Less                   |
| <input type="checkbox"/> Prelim or Finals (circle one) | <input type="checkbox"/> 13 & Over                       | <input type="checkbox"/> Greater than 2 Hours              |
| <input type="checkbox"/> Proper Deck Protocol          | <input type="checkbox"/> Professional Deck Presence      | <input type="checkbox"/> Clearly State Infraction          |
| <input type="checkbox"/> Complete DQ slip accurately   | <input type="checkbox"/> Perform as Relay Take-Off Judge | <input type="checkbox"/> Understand Jurisdiction           |
| <input type="checkbox"/> Rules for Butterfly           | <input type="checkbox"/> Rules for Breaststroke          | <input type="checkbox"/> Rules for Backstroke              |
| <input type="checkbox"/> Rules for Freestyle           | <input type="checkbox"/> Rules for Turns and Finishes    | <input type="checkbox"/> Medley Rules (relay & individual) |

Mentor Signature: \_\_\_\_\_

Meet Ref Signature: \_\_\_\_\_

**Session 6 (If Necessary)**

Date: \_\_\_\_\_

- |                                                        |                                                          |                                                            |
|--------------------------------------------------------|----------------------------------------------------------|------------------------------------------------------------|
| <input type="checkbox"/> Timed Finals                  | <input type="checkbox"/> 12 & Under                      | <input type="checkbox"/> 2 Hours or Less                   |
| <input type="checkbox"/> Prelim or Finals (circle one) | <input type="checkbox"/> 13 & Over                       | <input type="checkbox"/> Greater than 2 Hours              |
| <input type="checkbox"/> Proper Deck Protocol          | <input type="checkbox"/> Professional Deck Presence      | <input type="checkbox"/> Clearly State Infraction          |
| <input type="checkbox"/> Complete DQ slip accurately   | <input type="checkbox"/> Perform as Relay Take-Off Judge | <input type="checkbox"/> Understand Jurisdiction           |
| <input type="checkbox"/> Rules for Butterfly           | <input type="checkbox"/> Rules for Breaststroke          | <input type="checkbox"/> Rules for Backstroke              |
| <input type="checkbox"/> Rules for Freestyle           | <input type="checkbox"/> Rules for Turns and Finishes    | <input type="checkbox"/> Medley Rules (relay & individual) |

Mentor Signature: \_\_\_\_\_

Meet Ref Signature: \_\_\_\_\_

**Is the Apprentice ready to be a Stroke and Turn Official?**

- YES       NO (Additional Session(s) Required)

Area(s) that need improvement:

\_\_\_\_\_

\_\_\_\_\_

Meet Ref Signature: \_\_\_\_\_

Once completed, please send scanned forms to the Official's Chair at [officials@sc-swimming.org](mailto:officials@sc-swimming.org)

Off-Deck Requirements	
Must be completed within 60 days of your clinic date	Date Completed
Account Created at <a href="http://www.usaswimming.org">www.usaswimming.org</a>	____/____/____
Non-Athlete Membership Registration Complete	____/____/____
Level 2 Background Check Complete	____/____/____
Athlete Protection Training Complete	____/____/____
Passed Stroke & Turn Test	____/____/____