



## **2019/2020 North District New Officials Orientation/Training**

**We need officials at all positions and from all teams!**

**If you would like to contribute to our sport, this is a fun and rewarding way to get involved! We have many meets each season, so the more officials we have, the easier it is to adequately staff them.**

**The training will include an introduction and overview of USA Swimming officiating, in addition to explanations of the Virginia Swimming officials training and certification process.**

**Date: Thursday 26 September 2019**

**Time: 7:00pm - 9:00pm**

**Location: Jeff Rouse Swim and Sport Center  
1600 Mine Road, Stafford, VA 22554**

**If interested, please contact:**

**Michael C. Sizemore, North District Officials Chair  
for Virginia Swimming at [MCsizemore@gmail.com](mailto:MCsizemore@gmail.com)**

## TOP TEN REASONS TO BECOME A USA SWIMMING OFFICIAL

10. They give you free food and a heat sheet.
9. You do not have to sign up for timing.
8. The meet goes much faster while on deck.
7. It is cooler and less crowded on deck than in the stands.
6. You do not have to decide what to wear to the swim meet.
5. You meet new and interesting people from around the state.
4. You may be able to deduct travel expenses on your taxes.
3. You get to see your child swim up close and personal, and they know where you are when they need money.
2. You have the satisfaction of knowing you are contributing to your child's swimming efforts.
1. All teams need to provide officials in order to run the meet.