

Virginia Swimming, Inc
 Starter
 Apprenticeship Record

Name: _____

Address: _____

Email: _____

Club Team: _____

Clinic Date: _____

Issued By: _____

(District Chair or Rep)

Date Completed Starter Test: _____

	Meet	Date	Trainer	Referee
Walk 1	_____	_____	_____	_____
Walk 2	_____	_____	_____	_____
Walk 3	_____	_____	_____	_____
Walk 4	_____	_____	_____	_____
Walk 5	_____	_____	_____	_____
Walk 6	_____	_____	_____	_____
Walk 7	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

** 500 yards or longer events started during this session
 ## 8 & Under Session
 ++ Overhead Starts
 \$\$ Set up starting equipment, speakers, pads, buttons & check out

I certify that I have evaluated this apprentice and I have found them well qualified to service as a Starter.

_____ Date: _____
 (Validating Referee Signature)

COMMENTS

Walk 1:

Walk 2:

Walk 3:

Walk 4:

Walk 5:

Walk 6:

Walk 7:

SKILL	1	2	3	4	5	6	7
Pre-session							
Knows what elements to include in a pre-session timer briefing							
Knows how to perform a timing system check, tests speakers, block speakers etc.							
Knows which plug-in (NO vs NC) to use on Colorado starting unit							
General							
Selects good position at side of pool							
Focuses attention behind the blocks from the 4-5 chirps through long whistle							
Correctly calls events doubling as announcer (complete event name-individual medley, not IM; 100 yard not, 100 yards)							
Waits for referee's outstretched arm before assuming control of swimmers							
Checks reset button before giving commands							
"Take your mark" command spoken in a conversational tone							
Speaks loudly and clearly							
Checks foot position for forward and backstroke starts							
Waits for swimmers to get set before sounding start signal							
Activates start signal promptly once swimmers are stationary							
Assists referee in maintaining flow of meet							
Explains/uses balance between keeping meet moving and ensuring fair and equitable starts							
Understands when heats are likely to be combined and assists referee							
No Recall Starting Procedure							
Can explain the rationale behind the No Recall Starting Procedure; can explain the procedure							
Can explain the responsibilities of the Referee as they pertain to ensuring a fair start							
Can explain the responsibilities of the Starter							
Can explain the "ballot" procedure for dual confirmation							
Can explain when to recommend a DQ for false start <i>before</i> the starting signal							
Can explain when to recommend a DQ for false start <i>after</i> the starting signal							
Knows when to recall a heat							
Can explain situations in which heat might be recalled							
Understands that the Referee might initiate the recall by blowing the whistle							
The Whistle Start Procedure							
The apprentice can explain the significance of:							
The referee giving 4 to 5 short chirps of the whistle.							
The referee giving 1 long whistle for the forward start							
The referee giving 1 long whistle for the backstroke start							
The referee extending an arm toward the starter							
The heat being closed							
Giving the "Stand" or "Relax" Command							
The apprentice demonstrates understanding that exercising patience is the key to allow swimmers to get set							
"Stand" or "relax" is said with a gentle voice to minimize startling the swimmers							
The apprentice recognizes scenarios where having the swimmers stand might prevent problems with the start.							
The apprentice uses correct sequence for correcting a swimmer who does not properly assume a starting position (Stand; Stand and correct field; Stand and correct swimmer)							
The apprentice knows when to step the swimmers down							
The apprentice knows when to recommend disqualification of a swimmer for delay of meet							
The apprentice doesn't strand the swimmers on the blocks while a DQ or other problem is being resolved							
The Role of the Starter in Distance Events							
The apprentice demonstrates familiarity with the tools available to track of the lead swimmer and the # of laps.							
The apprentice signals the "bell-lap" appropriately							
Knows to check order in which distance events will be swum							
The Role of the Starter in Championship Format Meets							
The apprentice demonstrates how to handle a "No Show" during prelims							
The apprentice demonstrates how to handle an empty lane in a bonus or consolation heat during finals							
The apprentice demonstrates how to handle an empty lane in a championship heat during finals							
Starting Events for Swimmers with Disabilities							
The apprentice can give the definition of a disability							
The apprentice can demonstrate the arm signals required to start an event for a hearing-impaired athlete							
The apprentice is aware of the modifications to the start procedure that may be required for visually or mental impaired athletes							

Key: OK: Meet Standards, NW: Needs work to meet standard