

**Virginia Swimming, Inc.
Stroke and Turn
Apprenticeship Record**

Name _____

Address _____

Phone number (Home) _____

(Work) _____

E-mail Address _____

USA Swimming Team Affiliation _____

Clinic Attendance Date _____

Issued by _____

(District Chair's Signature)

Walks 2-4 are made shadowing an assigned trainer and developing the skills listed on the reverse page. No more than one session may be at an A+ level meet.

| | Meet | Date | Trainer | Referee |
|--------|-------|-------|---------|---------|
| Walk 1 | _____ | _____ | _____ | _____ |
| Walk 2 | _____ | _____ | _____ | _____ |
| Walk 3 | _____ | _____ | _____ | _____ |
| Walk 4 | _____ | _____ | _____ | _____ |
| Walk _ | _____ | _____ | _____ | _____ |
| Walk _ | _____ | _____ | _____ | _____ |
| Walk _ | _____ | _____ | _____ | _____ |

The first 4 must be completed with mastery of each skill demonstrated before the apprentice can proceed to the "final walks."

Prior to the final walks, the apprentice must have completed the S&T test, APT, background check and be registered with USA Swimming. They shall dress in uniform and make all calls.

Walk _ _____

Walk _ _____

Walk _ _____

Walk _ _____

A minimum of 3 walks are required. At least one of the first two walks and the third walk must be satisfactorily completed in order for the Referee to recommend certification.

I certify that I have evaluated this apprentice and have found them qualified to serve as a Stroke and Turn Official.

_____ Date _____

(Validating Referee Signature)

Please make a copy for your records and then turn this card into your District Officials Chair as soon as you have completed your training.

Comments

Meet type should be designated as B/C, BB/B/C, A+, Senior, etc. Back page must also be completed.

Walk #1, Intro to stroke rules: Check all that apply

Classroom instruction

Online instruction

Deck instruction – Requires prior arrangement with the District Chair

Walk #2, Meet Type =

Walk #3, Meet Type =

Walk #4, Meet Type =

Walk #5, Meet Type =

Walk #6, Meet Type =

Walk #7, Meet Type =

Walk #8, Meet Type =

