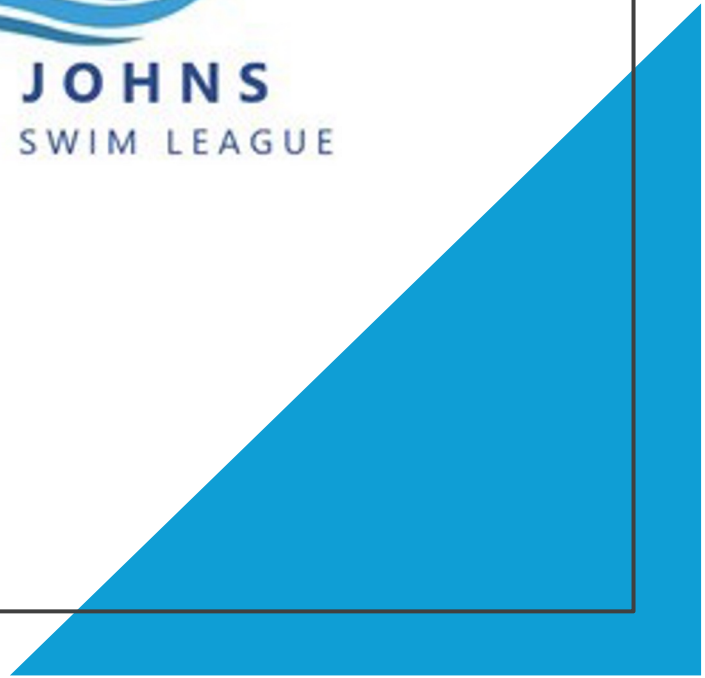


St Johns Summer Swim League



Starter and HMO
Training





Training Agenda

Introduction of training team

Role of Starter

Role of HMOs

Volunteer Background Check Question and Answers

Role of Starter

1. Knowing when the field is ready to assume the starting position
2. Knowing when the field is ready to receive the starting signal
3. Knowing when it is necessary to intervene so that these two goals may be realized



Starting Rules

1. On the Starter's command "take your marks", the swimmers shall immediately assume their starting position, in the forward start, with at least one foot at the front of the starting platform or the deck. Swimmers starting in the water must have at least one hand in contact with the wall or starting platform. When all swimmers are stationary, the Starter shall give the starting signal.
2. When a swimmer does not respond promptly to the command "take your marks," the Starter shall immediately release all swimmers with the command "stand up" upon which the swimmers may stand up or step off the blocks.
3. A swimmer shall not be disqualified for an illegal starting position at the start if the race is permitted to proceed. Enforcement of the correct starting position is the responsibility of the Starter.

Before each heat

- The Starter should be looking at the next heat of swimmers lined up behind the blocks and take notice as to whether or all of the swimmers supposed to be in the heat are present.



First part of the Start – Once swimmers are on the blocks



- 1. Be patient with the swimmers as they settle into position.
- 2. It will likely take them longer to get into position than it might look. The swimmers are off of the ground, the blocks might be wet and slippery, and the swimmers might have to adjust their goggles. Allow the swimmers time to “settle in” on the blocks and become comfortable.
- 3. It is the responsibility of the Starter to ensure, for forward starts, that the swimmer has one foot at the front of the block, and, for backstroke starts, that toes are not curled around the lip of the gutter.
- 4. Once the field is in position, the command is ready to be given.



Giving the command – “Take your Marks”

- The command should be delivered in a conversational tone that comes off as an invitation for the swimmers to take their marks. The Starter is not ordering the swimmers, but rather inviting them.
- Deliver the command in a slightly descending tone.
- The command is a statement, not a question, and should be delivered in a relaxed, but confident way.
- It may be helpful to practice with statements such as “Close the door,” “Pass the salt,” and “I love you.”



The second part of the start

- 1. Wait for the swimmers to become stationary.
- 2. Stationary does NOT necessarily mean motionless. Muscle twitches, wiggly bottoms, etc. are okay. The stationary swimmer establishes a vertical plane at the FRONT of the block.
- 3. Once the swimmers are stationary, press the button to sound the starting signal.

If things do not go as planned

1. If the field does not become stationary in a reasonable amount of time, if distractions are present, or if anything “just doesn’t feel right,” stand the field.
2. The stand command is given as “Stand, please” and should be delivered in a more quiet tone.
3. Wait several seconds to allow the field to regroup and refocus. When the field appears ready to assume the position, give the command and send the swimmers when they are ready.
4. If there are still issues following the second try, it is appropriate to stand the field again; ask them to step down if necessary.
5. Taking the extra time to be patient and ensure that every swimmer receives a fair start makes an immeasurable difference in the swimmers’ races.
6. DO NOT develop a fixed timing pattern for starts. Send the field when they are ready, not after a robotic period of time.

Once the heat has started

- The Starter should hold the microphone open and remain in position to recall the heat if necessary until the swimmers heads have broken the surface of the water.
- The Starter may recall a heat for any reason if he/she feels that anything caused the swimmers to not have a fair start. No swimmer shall be disqualified for a false start if a heat is recalled.
- The Starter should mark the empty lanes in the designated Starter program that he or she is using as well as make any other necessary notes.





The false start

- A false start is a swimmer starting early—a swimmer breaking his/her stationary position—the vertical plane at the front of the block.
- If the Starter observes a false start, he/she should make a note of it in the Starter heat sheet. He/she should approach the HMO and compare programs to see if the HMO made the same observation. There should be no discussion of what was observed, just a comparison of programs.
- If a potential false start occurs early enough in the starting sequence, the Starter should stand the heat.
- In our league, we one allow one false start and the Starter calls, “False start charged to the field.”

Things to say and NOT say

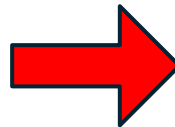
1. We do not refer to swimmers as “ladies” and “gentlemen,” we refer to them as, “swimmers.”
2. Do not ad-lib any commands and never deviate the language of “Take your marks,” and “Stand, please.” “Stand, please,” is always delivered using that language, even in backstroke.
3. “Relax, please” or “Swimmers, relax” may be used to notify the field when there will be an extended pause before the starting sequence for an equipment malfunction, etc.
4. “Lane X , toes, please,” can be used to enforce the proper starting position for backstroke.
5. Do not give any extra commands (such as instructing swimmers to clear the pool) unless asked to by the HMO. If asked to clear the pool, use the phrase, “Please clear the pool swimmers.”

Role of Head Meet Official

1. Run officials meeting 30 minutes prior to start of meet.
2. Coordinate and work with starter on ensure meet runs smoothly.
3. Check and sign all DQ slips and hand them to computer operators.
4. If DQ slips are not correctly filled out, ask Stroke and Turn Judge, “What did you see,” in order to determine if they did see the infraction they recorded, or to clarify what they recorded.
5. Responsible to intervene if coaches have a dispute regarding DQ.



How to check the DQ slip for freestyle



SJSSL Disqualification Report

Event _____ Heat _____ Lane _____

Swimmer _____ Team _____

1. Butterfly

- Start Swim Turn # _____ Finish
- Kick **A** Alternating **B** Breaststroke **C** Scissors
- Arms **E** Non-Simultaneous **F** Underwater recovery
- Touch **J** One Hand **L** Non-simultaneous **K** No Touch
- M** Shoulders not at/past vertical towards breast off wall

2. Backstroke

- Start Swim Turn # _____ Finish
- I** No Touch at turn **K** Not on back off wall
- L** Shoulders past vertical toward breast
- P** Toes curled over gutter after the start
- Q** Did not finish on back
- S** Delay initiating arm pull at turn
- T** Delay initiating turn

3. Breaststroke

- Start Swim Turn # _____ Finish
- Kick **A** Alternating **B** Non-simultaneous
- C** Downward Butterfly **D** Scissors
- Arms **E** Hands past hipline **F** Non-Simultaneous
- G** Arms - two strokes underwater
- H** Arms not in same horizontal plane
- J** Elbows recovered over water
- Touch **J** One Hand Touch **K** No Touch
- L** Non-simultaneous Touch
- M** Shoulders not at/past vertical towards breast off wall
- P** Head under for 2 or more strokes
- Q** Incomplete stroke cycle other than 1 pull then 1 kick

4. Freestyle

- K** No Touch on turn # _____

5. Individual Medley

- Swim Stroke Infractions # _____
- P** Strokes out of sequence

6. Relay

- Stroke Infraction# _____ Swimmer # _____
- Early Take-off Swimmer # _____
- P** Changed order of swimmers (Strokes out of sequence)
- Q** Not enough swimmers

7. Miscellaneous Other _____

- O** False Start **Q** Did not finish **R** Delay of meet
- U** Walking on or springing from bottom
- W** Pulling on lane line

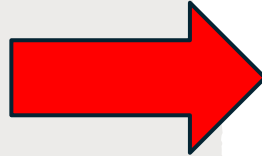
Judge _____ Cert. # _____

Referee _____ Cert. # _____

4. Freestyle

- K** No Touch on turn # _____

How to check the DQ slip for backstroke



SJSSL Disqualification Report

Event _____ Heat _____ Lane _____

Swimmer _____ Team _____

1. **Butterfly**

Start Swim Turn # _____ Finish

Kick A Alternating B Breaststroke C Scissors

Arms E Non-Simultaneous F Underwater recovery

Touch J One Hand L Non-simultaneous K No Touch

M Shoulders not at/past vertical towards breast off wall

2. **Backstroke**

Start Swim Turn # _____ Finish

I No Touch at turn K Not on back off wall

L Shoulders past vertical toward breast

P Toes curled over gutter after the start

Q Did not finish on back

S Delay initiating arm pull at turn

T Delay initiating turn

3. **Breaststroke**

Start Swim Turn # _____ Finish

Kick A Alternating B Non-simultaneous

C Downward Butterfly D Scissors

Arms E Hands past hip line F Non-Simultaneous

G Arms – two strokes underwater

H Arms not in same horizontal plane

I Elbows recovered over water

Touch J One Hand Touch K No Touch

L Non-simultaneous Touch

M Shoulders not at/past vertical towards breast off wall

P Head under for 2 or more strokes

Q Incomplete stroke cycle other than 1 pull then 1 kick

4. **Freestyle**

K No Touch on turn # _____

5. **Individual Medley**

Swim Stroke Infractions # _____

P Strokes out of sequence

6. **Relay**

Stroke Infraction# _____ Swimmer # _____

Early Take-off Swimmer # _____

P Changed order of swimmers (Strokes out of sequence)

Q Not enough swimmers

7. **Miscellaneous** Other _____

O False Start Q Did not finish R Delay of meet

U Walking on or springing from bottom

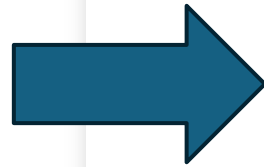
W Pulling on lane line

Judge _____ Cert. # _____

Referee _____ Cert. # _____

2. **Backstroke**
- Start Swim Turn # _____ Finish
 - I No Touch at turn K Not on back off wall
 - L Shoulders past vertical toward breast
 - P Toes curled over gutter after the start
 - Q Did not finish on back
 - S Delay initiating arm pull at turn
 - T Delay initiating turn

How to check the DQ slip for breaststroke



SJSSL Disqualification Report

Event _____ Heat _____ Lane _____

Swimmer _____ Team _____

1. Butterfly

- Start Swim Turn # _____ Finish
- Kick A Alternating B Breaststroke C Scissors
- Arms E Non-Simultaneous F Underwater recovery
- Touch J One Hand L Non-simultaneous K No Touch
- M Shoulders not at/past vertical towards breast off wall

2. Backstroke

- Start Swim Turn # _____ Finish
- I No Touch at turn K Not on back off wall
- L Shoulders past vertical toward breast
- P Toes curled over gutter after the start
- Q Did not finish on back
- S Delay initiating arm pull at turn
- T Delay initiating turn

3. Breaststroke

- Start Swim Turn # _____ Finish
- Kick A Alternating B Non-simultaneous
- C Downward Butterfly D Scissors
- Arms E Hands past hipline F Non-Simultaneous
- G Arms – two strokes underwater
- H Arms not in same horizontal plane
- I Elbows recovered over water
- Touch J One Hand Touch K No Touch
- L Non-simultaneous Touch
- M Shoulders not at/past vertical towards breast off wall
- P Head under for 2 or more strokes
- Q Incomplete stroke cycle other than 1 pull then 1 kick

4. Freestyle

- K No Touch on turn # _____

5. Individual Medley

- Swim Stroke Infractions # _____
- P Strokes out of sequence

6. Relay

- Stroke Infraction# _____ Swimmer # _____
- Early Take-off Swimmer # _____
- P Changed order of swimmers (Strokes out of sequence)
- Q Not enough swimmers

7. Miscellaneous Other _____

- O False Start Q Did not finish R Delay of meet
- U Walking on or springing from bottom
- W Pulling on lane line

Judge _____ Cert. # _____

Referee _____ Cert. # _____

3. Breaststroke

- Start Swim Turn # _____ Finish
- Kick A Alternating B Non-simultaneous
- C Downward Butterfly D Scissors
- Arms E Hands past hipline F Non-Simultaneous
- G Arms – two strokes underwater
- H Arms not in same horizontal plane
- I Elbows recovered over water
- Touch J One Hand Touch K No Touch
- L Non-simultaneous Touch
- M Shoulders not at/past vertical towards breast off wall
- P Head under for 2 or more strokes
- Q Incomplete stroke cycle other than 1 pull then 1 kick

How to check the DQ slip for butterfly



SJSSL Disqualification Report

Event _____ Heat _____ Lane _____

Swimmer _____ Team _____

1. **Butterfly**

Start Swim Turn # _____ Finish

Kick A Alternating B Breaststroke C Scissors

Arms E Non-Simultaneous F Underwater recovery

Touch J OneHand L Non-simultaneous K NoTouch

M Shoulders not at/past vertical towards breast off wall

2. **Backstroke**

Start Swim Turn # _____ Finish

I No Touch at turn K Not on back off wall

L Shoulders past vertical toward breast

P Toes curled over gutter after the start

Q Did not finish on back

S Delay initiating arm pull at turn

T Delay initiating turn

3. **Breaststroke**

Start Swim Turn # _____ Finish

Kick A Alternating B Non-simultaneous

C Downward Butterfly D Scissors

Arms E Hands past hipline F Non-Simultaneous

G Arms - two strokes underwater

H Arms not in same horizontal plane

I Elbows recovered over water

Touch J One Hand Touch K No Touch

L Non-simultaneous Touch

M Shoulders not at/past vertical towards breast off wall

P Head under for 2 or more strokes

Q Incomplete stroke cycle other than 1 pull then 1 kick

4. **Freestyle**

K No Touch on turn # _____

5. **Individual Medley**

Swim Stroke Infractions # _____

P Strokes out of sequence

6. **Relay**

Stroke Infraction# _____ Swimmer # _____

Early Take-off Swimmer # _____

P Changed order of swimmers (Strokes out of sequence)

Q Not enough swimmers

7. **Miscellaneous** Other _____

O False Start Q Did not finish R Delay of meet

U Walking on or springing from bottom

W Pulling on lane line

Judge _____ Cert. # _____

Referee _____ Cert. # _____

1. **Butterfly**

- Start Swim Turn # _____ Finish
- Kick A Alternating B Breaststroke C Scissors
- Arms E Non-Simultaneous F Underwater recovery
- Touch J OneHand L Non-simultaneous K NoTouch
- M Shoulders not at/past vertical towards breast off wall

How to check the DQ slip for IM



SJSSL Disqualification Report

Event _____ Heat _____ Lane _____

Swimmer _____ Team _____

1. **Butterfly**

Start Swim Turn # _____ Finish

Kick **A** Alternating **B** Breaststroke **C** Scissors

Arms **E** Non-Simultaneous **F** Underwater recovery

Touch **J** One Hand **L** Non-simultaneous **K** No Touch

M Shoulders not at past vertical towards breast off wall

2. **Backstroke**

Start Swim Turn # _____ Finish

I No Touch at turn **K** Not on back off wall

L Shoulders past vertical toward breast

P Toes curled over gutter after the start

Q Did not finish on back

S Delay initiating arm pull at turn

T Delay initiating turn

3. **Breaststroke**

Start Swim Turn # _____ Finish

Kick **A** Alternating **B** Non-simultaneous

C Downward Butterfly **D** Scissors

Arms **E** Hands past hipline **F** Non-Simultaneous

G Arms – two strokes underwater

H Arms not in same horizontal plane

I Elbows recovered over water

Touch **J** One Hand Touch **K** No Touch

L Non-simultaneous Touch

M Shoulders not at past vertical towards breast off wall

P Head under for 2 or more strokes

Q Incomplete stroke cycle other than 1 pull then 1 kick

4. **Freestyle**

K No Touch on turn # _____

5. **Individual Medley**

Swim Stroke Infractions # _____

P Strokes out of sequence

6. **Relay**

Stroke Infraction# _____ Swimmer # _____

Early Take-off Swimmer # _____

P Changed order of swimmers (Strokes out of sequence)

Q Not enough swimmers

7. **Miscellaneous** Other _____

O False Start **Q** Did not finish **R** Delay of meet

U Walking on or springing from bottom

W Pulling on lane line

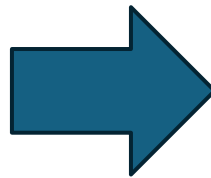
Judge _____ Cert. # _____

Referee _____ Cert. # _____

5. Individual Medley

- Swim Stroke Infractions # _____
- P** Strokes out of sequence

How to check the DQ slip for relays



SJSSL Disqualification Report

Event _____ Heat _____ Lane _____

Swimmer _____ Team _____

1. **Butterfly**

Start Swim Turn # _____ Finish

Kick **A** Alternating **B** Breaststroke **C** Scissors

Arms **E** Non-Simultaneous **F** Underwater recovery

Touch **J** One Hand **L** Non-simultaneous **K** No Touch

M Shoulders not at past vertical towards breast off wall

2. **Backstroke**

Start Swim Turn # _____ Finish

I No Touch at turn **K** Not on back off wall

L Shoulders past vertical toward breast

P Toes curled over gutter after the start

Q Did not finish on back

S Delay initiating arm pull at turn

T Delay initiating turn

3. **Breaststroke**

Start Swim Turn # _____ Finish

Kick **A** Alternating **B** Non-simultaneous

C Downward Butterfly **D** Scissors

Arms **E** Hands past hipline **F** Non-Simultaneous

G Arms – two strokes underwater

H Arms not in same horizontal plane

I Elbows recovered over water

Touch **J** One Hand Touch **K** No Touch

L Non-simultaneous Touch

M Shoulders not at past vertical towards breast off wall

P Head under for 2 or more strokes

Q Incomplete stroke cycle other than 1 pull then 1 kick

4. **Freestyle**

K No Touch on turn # _____

5. **Individual Medley**

Swim Stroke Infractions # _____

P Strokes out of sequence

6. **Relay**

Stroke Infraction# _____ Swimmer # _____

Early Take-off Swimmer # _____

P Changed order of swimmers (Strokes out of sequence)

Q Not enough swimmers

7. **Miscellaneous** Other _____

O False Start **Q** Did not finish **R** Delay of meet

U Walking on or springing from bottom

W Pulling on lane line

Judge _____ Cert. # _____

Referee _____ Cert. # _____

6. Relay

- Stroke Infraction# _____ Swimmer # _____
- Early Take-off Swimmer # _____
- P** Changed order of swimmers (Strokes out of sequence)
- Q** Not enough swimmers

Volunteer Background Checks

- Required for all Board members, Stroke and Turn Judges, Head Meet Officials, Starters and Coaches >18yr of age
- Paid for by the SJSS League, FREE for all our volunteers!
- You will receive a badge with your clearance number on it to wear anytime you are on the pool deck.





Questions and Answers