

# Starter Checklist

LSC,  N2,  N3

Name: \_\_\_\_\_

## ● Knowledge of current rules and procedures.

- Knows and understands the rules and procedures for Starting.
- Position of Starter and Deck Referee on the deck. (Backstroke and Forward starts)
- Familiarity with the starting equipment; checks it routinely before the meet begins.
- Understands the basic words used by the Starter **and when to use them.**
- Calm, conversational tone of voice.
- Allows time for swimmers to achieve a stationary position without delaying the start.
- Has developed patience for finding the right instant for a fair start.
- Achieves a fair start for all swimmers.
- Effective use of the "stand please" option.
- Able to judge false starts.
- Understands the differences between "a start," "stationary" and "non-disqualifiable motion."
- Communicates effectively with the Deck Referee on potential false starts.
- Can take the order of finish.
- Willing to accept and consider constructive criticism to improve.
- Practices frequently.
- Awareness for potential problems at the start, such as sudden noises, extraneous music, camera flashes, etc.

## ● Meet Operations

- Deck presence (Poise and Positioning)
- Interaction with Deck Referee – teamwork.
- Proactive management – ability to anticipate problems and to take appropriate advance action.
- Implementation of Meet Referee directives.

## ● Interaction with, and respect for, all meet participants; management, coaches, swimmers, officials, parents, spectators, guests.

- Diplomacy
- Ability to keep a calm demeanor during stress or crisis.
- Ability to communicate in a clear and precise manner.
- Maintains a positive attitude.
- Leadership and team player qualities.
- Trainer for apprentice starter(s).

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## Starter - National Levels

### LSC

The *Starter Checklist* is provided as a suggested guide for LSCs to certify Starters.

Where LSC certification as a Starter is noted as a *prerequisite* for National certification it means an official certified as a Starter in their LSC and:

1. LSC's and Officials must comply with the Minimum Standards for Certification as published by USA Swimming Officials Committee.
2. Minimum one year as an LSC certified Starter.
3. Has the basic skills and is developing proficiency and consistency.
4. Performs satisfactorily as a Starter in at least 4 LSC level meets.

### N2 (National Level 2)

Has the basic skills and is developing proficiency and consistency.

### N3 (National Level 3)

Very proficient, consistent, experienced starter with all of the qualities needed for National Championship Meets.

See [ADVANCEMENT SUMMARY](#) for the procedures and requirements to be certified as an N3 Starter.

Notes:

