



Starter's Clinic 2007

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Role:

- Insure Fair and Impartial Starts
- Remain Neutral
- Help set the pace & tone for the meet (you are the conductor)
- Prevent False Starts (if possible)
- Ready Judges & Timers

Events:

- 6 and under: 15 yards each of freestyle, backstroke and breaststroke.
- 7 and 8: 1 length of the pool each of freestyle, backstroke, breaststroke and butterfly.
- 9 and 10: 1 length of the pool each of freestyle, backstroke, breaststroke and butterfly.
- 11 and 12: 2 lengths of the pool each of freestyle, backstroke, breaststroke and butterfly.
- 13 and 14: 2 lengths of the pool each of freestyle, backstroke, breaststroke and butterfly.
- 15 - 18: 2 lengths of the pool each of freestyle, backstroke, breaststroke and butterfly.

Events shall be swum, alternating between boys' events and girls' events and starting with the youngest boys' age group swimming the event, in the following order:

- Medley Relay (Backstroke, Breaststroke, Butterfly, Freestyle)
- Freestyle
- Backstroke
- Breaststroke
- Butterfly
- Freestyle Relay

How do you start the race?

Keep it SIMPLE. Use short phrases like:

- Swimmers, Step Up
- Take your Mark
- Swimmers, please stand

The clerk of course should be getting the next heat of swimmers to stand in front of the blocks in preparation for the next race. You should be announcing the next race immediately following the last race, "**6 & under Boys, 15 yard Freestyle**", then Address the swimmers, "**Swimmers, Step Up**". Allow them a few seconds to become ready (fix their goggles and suits). Then say, "**Take your mark**".

All swimmers should go down together. If one goes down to the starting position later than the rest, they could gain an unfair advantage. Pause, then **calmly** ask the swimmers to stand. Give a quick explanation like, "Go Down Quickly", or "Still on the Mark", then say, "**Swimmers, Take your mark**" to try again.

All swimmers should be completely still on the mark. Quickly check feet position. Make sure everyone is still, then start the race. There should only be about a 1 to 3 second delay between

“The mark”, and the Start. If you are going to ask them to stand, wait about 5 seconds or so. (Remember, the 6 and under’s will not be able to stay on those blocks very long!)

False Starts

There is movement prior to the start signal (after “Take your Mark”). If someone false starts, you need to stop the race by sounding the starting gun loud and long, then short bursts. As you become more experienced, you will start to be able to predict when a false start is likely to occur. Simply ask the swimmers to stand and regroup in an attempt to avoid the false start.

A swimmer only gets one un-forgiven false start. If the race is restarted, and the same swimmer false starts a second time, you should let the race proceed, but let the stroke and turn judge know about the false start.

Who you should know and why?

You are strongly encouraged to arrive EARLY to a meet. Test out your equipment. Make sure you have everything you need in your area, and then make sure you know the following people:

Clerk of course

There may be a separate clerk for boys and girls, and they may switch during the meet. Make sure you know these people. You may need to use their name through your mic during the meet. If you’re confused about which race is next, or how many racers you should be expecting on the blocks, they will be the ones to ask. They can also help in keeping the block area empty. They are also key to combining races. Fewer starts = less time! Talk to them about this ahead of time.

First Place Judge

Talk to this person ahead of time. This person can help you save time! They are usually more experienced at judging and know what is going on. You will need to be in communication with this person during the meet. They will help ensure the rest of the judges and timers are ready and will signal to you that they are ready for the MAIN EVENT. Work out your signals ahead of time.

TSA Representative

This person can help with any problems that you may be having. You cannot leave your post because the meet does not run without you. If you don’t know who else to call, call the TSA rep.

6 and Under Lane Rope helpers

They only help a few times during the meet, but are critical they get that rope in as fast as possible.

Be Prepared:

Official Whistle, Extra Batteries, Towels, Extra pens, Sheet Protector

What should you wear?

You should NOT wear your own team logo! You are suppose to be a Neutral, Unbiased starter. Your mission is to ensure that EVERYONE has a fair and good start.

You should wear comfortable shoes.