

# Stroke and Turn Apprentice

## Training Progression Plan

This guide outlines the skills and focus areas for each session of your apprenticeship. Trainers can use it to provide guidance, observation, and feedback, while apprentices can use it to follow their progress and understand what to expect in each session. Sessions are flexible and can be adjusted to meet the needs of the apprentice and the flow of the meet.

<b>Session 1 – Stroke Focus: (Freestyle – Always First Session)</b>
<ul style="list-style-type: none"> <li>● Focus: <i>Freestyle (required first stroke focus)</i></li> <li>● Discuss common freestyle rulebook language and infractions</li> <li>● Observe starts and turns</li> <li>● Emphasize consistent application of rules and jurisdictions</li> <li>● Have apprentice fill out a DQ slip</li> <li>● Encourage apprentice to call “Hand” if a violation is observed</li> </ul>
<b>Session 2 – Stroke Focus: (Apprentice’s Choice)</b>
<ul style="list-style-type: none"> <li>● Apprentice selects stroke focus (e.g., Backstroke, Breaststroke, Butterfly)</li> <li>● Review key stroke and turn rules for chosen stroke</li> <li>● Observe and discuss live examples at a meet</li> <li>● Reinforce professionalism and observation protocol</li> <li>● Review documentation process and how to communicate DQs with the Chief Judge and Referee</li> <li>● Have apprentice fill out a DQ slip</li> </ul>
<b>Session 3 – Stroke Focus: (Apprentice’s Choice)</b>
<ul style="list-style-type: none"> <li>● Apprentice selects another stroke focus</li> <li>● Review key differences and common errors between strokes</li> <li>● Continue reinforcing rule interpretation and consistency</li> <li>● Discuss relay takeoff judging if not yet covered</li> <li>● Provide feedback on confidence, positioning, and clarity of calls</li> </ul>
<b>Session 4 – Stroke Focus: (Apprentice’s Choice; IM &amp; Relays Must Be Covered)</b>
<ul style="list-style-type: none"> <li>● Ensure <b>all four competitive strokes</b> and <b>IM/Relay rules</b> have been covered</li> <li>● Review integrated understanding of all strokes and transitions</li> <li>● Observe, discuss, and evaluate IM and relay takeoffs</li> <li>● Discuss meet flow and communication with other officials</li> <li>● Confirm readiness for certification with Meet Referee (MR)</li> </ul>
<b>After Session 4 – Meet Referee Review</b>
<ul style="list-style-type: none"> <li>● The <b>4th MR</b> is responsible for ensuring the apprentice is ready to move forward.</li> <li>● The MR will determine if additional sessions are needed.</li> <li>● If further training is required, the MR will make recommendations to the Certifier, who will then create an action plan.</li> <li>● The 4th MR ensures the apprentice is confident and there are no significant issues before certification.</li> </ul>

