

Starter 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.

Session 1 – Skill Focus

- TYM
- Positioning
- Heat / Missing Swimmers
- Pacing
- Timeline
- Backstroke
- Observe Starts of other starter
- Review rules for Starting

Session 2 – Skill Focus

- False Start
- Stand
- Head Up
- Paperwork
- Pacing
- Backstroke (if not covered in Session 1)
- Continue reviewing rules for starting

Session 3 – Skill Focus

- Review all topics from Sessions 1 & 2
- Apprentice choice of focus
- Hearing Impaired Swimmers
- Disabilities Discussion

Session 4 – Skill Focus

- Hearing Impaired Swimmers (if not fully covered in Session 3)

After Session 4 – Meet Referee Review

- The **4th MR** is responsible for ensuring the apprentice is ready to move forward.
- The MR will determine if additional sessions are needed.
- If further training is required, the MR will make recommendations to the Certifier, who will then create an action plan.
- The 4th MR ensures the apprentice is confident and there are no significant issues before certification.