

Conducting your own Stroke and Turn and Starter Clinics.

Preferably chose from your HOME teams a USA Swimming Official to conduct your HOME clinic. If you do not have a USA Official, chose a tenured Official or President of your team to conduct the clinic. **It will be easy and fun! Do not stress over this!** Doing both Stroke & Turn and Starter Clinics may take 2.5 hours or less. Videos and Group Tests will be provided. This will be an opportunity to also check to see if your Starter equipment is working properly. So charge those babies up before class. All SVSL Teams are welcome at any of these locations.

Dates and Towns for Stroke and Turn and Starter Clinics;

Brattleboro Swim Team (BST) - **Thursday, May 17, 2018 @ 6:00 pm.** The Community room at the Brattleboro Co-op, 2 Main Str., Brattleboro, VT. Beverages and Sandwiches will be provided.

Woodstock Swim Team (WST) - **Wednesday, May 23, 2018 @ 6:00 pm.** Woodstock Recreational Center, Rte 4, Woodstock, VT.

Killington Sharks Swim Team (TKS) - **Thursday, 5/30/18 at 6:00 pm - 8:00 pm.** Sherburne Memorial Library on River Road in Killington, VT.

Quechee Swim Team (QST) - **"Late Bloomers Clinic" on Monday, July 2nd from 5:30 - 8:00 pm.** The Quechee Club, Quechee, VT.

Computer Clinics - **Still TBD for Tuesday, 6/5/18** at the Whiting Library in Chester, VT. and **Tuesday, 6/12/18** the Howard Dean Education Center in Springfield, VT.

Videos and Group Testing supplies:

Stroke and Turn Videos

<https://www.teamunify.com/SubTabGeneric.jsp?team=lscneso&stabid=65682>

Starter Video

<https://www.teamunify.com/SubTabGeneric.jsp?team=lscneso&stabid=123042>

Below is attached Starter Situations to discuss as a group. Also practice the Starter position with EVERYONE. Let them get used to it a little.

How to get started:

Now that we have established dates and venues and resources, lets get organized and some additional tips to conduct your clinic. You will only do the best that you can! The SVSL league expresses gratitude for each and every parent volunteer that we have.

- #1 - Who is running the clinic?
- #2 - Review the videos before the clinic.
- #3 - Organize some scenarios with Stroke and Turn, maybe some True and False discussion.
- #4 - Invite all parents to attend. Get a commitment from at least 4 parents. 2 are required for each meet from each team.
- #5 - All officials should watch Stroke and Turn and Starter videos. You may encourage a person to become a Starter.
- #6 - Ask if they have questions and refer to your new rule books.
- #7 - Have Fun with it! Make it your own clinic.

Some side notes to convey also are;

Uniform is white top and dark blue shorts, pants or skirt. White sneakers are requested. Something comfy that can get wet. Wear Sunscreen, maybe even a hat.

Go over your DQ slips. Hand one out to everyone and let them ask questions. Remind them that there is an Official's Briefing a half hour to an hour prior to the meet and to attend. Let's have them apprentice, but with the understanding if a meet is short on officials that they will be asked to officiate lanes.

No obvious screaming for a swimmer when you are officiating.

Officials are asked not to touch swimmers when officiating and picture taking by anyone should not be behind the blocks.

If a parent or coach has a question they should be told to go to the referee or ask their team coach the question. The official should not be distracted in order to officiate a fair race.

Pins and certificates will be awarded to New Officials and Seasoned Officials should attend these clinics every other year.

Move quickly through each video, but give time for Q and A.

I think that is it for now and I am sure that I forgot something. Add it in your clinic or share with the group if I have forgotten anything. Again do the best that you can, and we will move forward in officiating for our league.

Two more things though ~

#1 Remember if in doubt the call goes to the swimmer! No DQ.

#2 Have fun with this and see you all on deck some time over the summer!