



Northwest Aquatic League
Training and Certification

Stroke & Turn Lecture

Objectives: Students should –

- Have an understanding of what it is like to be an official
- Understand the concept of referee in relationship to swim meet
- Understand the rules for stroke and turn
- Know procedures for officiating

Suggested Lecture Agenda

- Introduction and Administrative
 - Introduce yourself and training partner if you have one
 - Distribute handouts and sell rulebooks
 - Outline layout of rule book
 - Define requirements for certification
 - Rulebook pages to know
 - Lecture
 - On-deck session
 - Test
- Discuss what it's like to be an official
- Review rules
 - How to watch swimmers for disqualifications – (on deck grid)
 - Start with strokes and turns from easiest (freestyle) to most difficult (breaststroke)
 - Individual Medley
 - Relays
 - Disqualifications
 - Officials attire
 - Officials duties

Please make sure students understand concept of body position when leaving wall on all strokes.