

## Why Become a Stroke and Turn Official?

- They get the best seats in the house at all the meets.
- They have a free training program.
- You get a cool USA Swimming Patch.
- Everyone looks very important in a white polo shirt.
- The first rule of officiating is to give the benefit of the doubt to the swimmer, so you don't have to be a hard.....
- Lots of opportunities for advancement –  
i.e. Starter, Referee.
- You can help the team put on great swim meets, raise money for the club, and keep the costs down for the all the families.
- You only have to work meets your swimmer is entered in, and you would already be there cheering anyway.

## What's involved in the training?

- Watch a training video.
- Review Rules and Regulations from the USA rule book provided.
- Take an open book test.
- Shadow another stroke and turn judge during meets until you feel ready to go it alone.

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