

# SWIMMING BUDDIES

*Please print off first page and return to coaches*

**Name:** \_\_\_\_\_

**Age:** \_\_\_\_\_

**Years Swimming:** \_\_\_\_\_

**Favorite Food/Drink:**

\_\_\_\_\_

**Favorite Stroke/Event:**

\_\_\_\_\_

**Hobbies Other Than Swimming:**

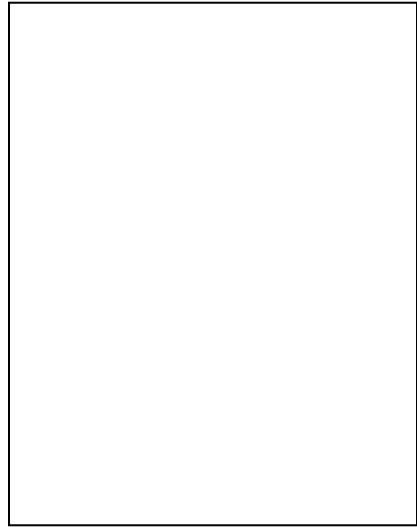
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**Swimming Goals for the Summer:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Buddy:** \_\_\_\_\_

**\*will be chosen by coaches**



This is a mentoring program where older, experienced “Big” swimmers encourage their younger “Little” swimmers throughout the summer. This program is entirely voluntary and will only work if both “Little” and “Big” swimmers participate equally. Parents, if your swimmer decides to sign up to be either a “Big” or “Little” swimmer, they really need your support and guidance throughout the summer. In the past, some swimmers, both young and old have been disappointed by the lack of involvement and/or appreciation on the part of their little or big swimmer

**The purpose of the Buddies program is to:**

- Foster team spirit.
- Help younger swimmers become comfortable with swim team routines and swim meets.
- Encourage multi-age friendships.
- Have fun!

**Duties of Big Swimmers**

- Make friends with your little swimmer.
- Find out what your little swimmer would like to know about swim team.
- On meet days, help your little swimmer identify which events they are swimming.
- Cheer your little swimmer on at the swim meets.
- Offer race advice when appropriate. For example, remind your little swimmer to "touch with two hands on the fly" or "stay on your back" for the backstroke.

**Duties of Little Swimmers**

- Ask questions, big and little, about the team and the meets.
- On meet days, find out which events your big swimmer is swimming and cheer.
- Make a card or poster for your big swimmer.
- Have fun with your big swimmer!