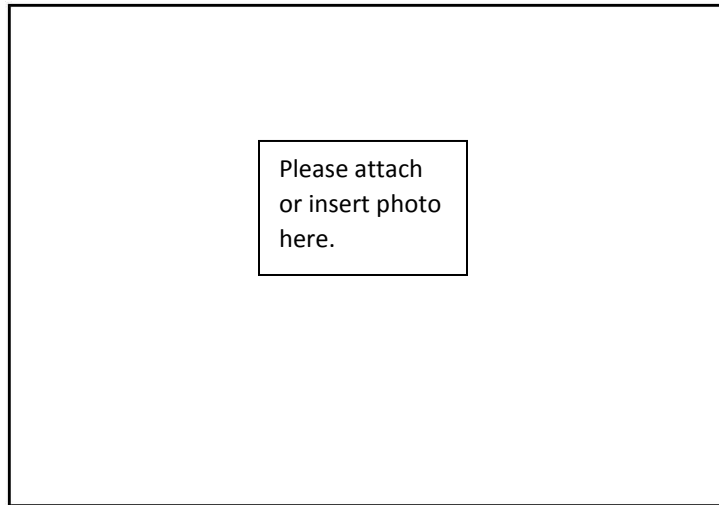


# I am a LITTLE BUDDY

Hello, my name is: \_\_\_\_\_



I am \_\_\_\_\_ years old.

This is my \_\_\_\_\_ year swimming with the Dixon Dolphins!

I am in the \_\_\_\_\_ grade and attend \_\_\_\_\_ school.

Here is a little something about me:

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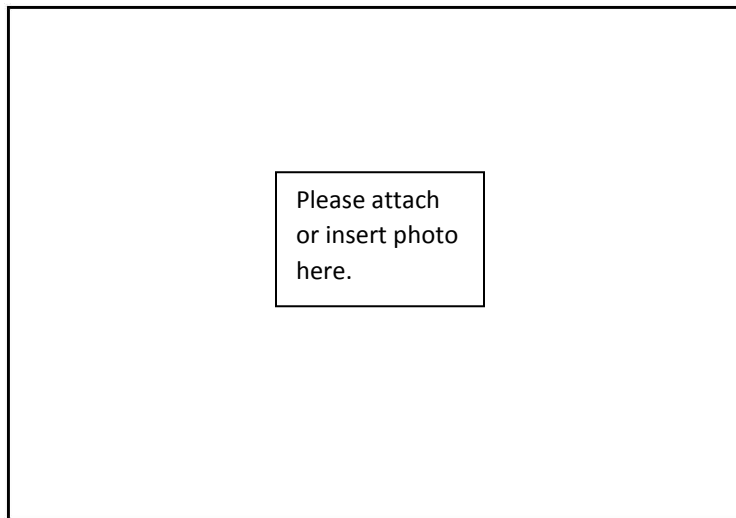
Phone Number:

Email:

Parent Name:

# I am a BIG BUDDY

Hello, my name is: .....



I am \_\_\_\_\_ years old.

I have been swimming with the Dixon Dolphins for \_\_\_\_\_ years.

I am in the \_\_\_\_\_ grade and attend \_\_\_\_\_ school.

My favorite stroke is .....

Here is a little something about me:

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.....  
.....  
.....  
.....

Phone Number:

Email:

Parent Name:

## **What is a Swim Buddy, and how does it work?**

A younger swimmer (6 & under and 7/8's) is matched up with an older swimmer (11 & ups, some mature 10's) to help them during relays, at the ready bench, and at the starting blocks. Our experienced swimmers already know the process and are able to assist their Little Buddy with their meet experience. All Buddies, Big and Little, will fill out an informational sheet, which should include a photo, and return them to any Board member or coach, or turn them in to the box at the pool labeled "BUDDIES". They must be turned in at least two weeks before Swim Team Picture Day. We aim to have all Swim Buddies paired up by Swim Team Picture Day.

## **What is expected from you as a Big Buddy:**

Before each meet (the day before at the latest), **you will be expected to inform your Little Buddy's family if you will be attending the meet.** Once you arrive at the meet to check in, check to see if your Little Buddy has checked in. Once you are all set up at your space for the meet, see if you have time to find your Little Buddy and then know where to find you if they need you. You are expected to walk your Little Buddy get to their warm ups and/or the team cheer. You will be expected to help your Little Buddy meet up with their relay team if they are assigned to a relay team (especially 6 and Under relays, which are the first event after the team cheer). You will be expected to meet your Little Buddy at the ready bench when the race is called before their individual events and walk them to the starting blocks. If you feel comfortable, go over the race stroke at the starting block. Cheer on your Little Buddy during their race, and provide positive feedback and encouragement.

Some extra things that are nice, but not required:

- Showing your Little Buddy's swim family where events, heats, lanes are posted
- Having a spare Sharpie for your Little Buddy
- Showing your Little Buddy around the pool before warm ups (Ready Bench, restrooms, etc., especially at away meets)
- Finding an experienced swimmer who can help your Little Buddy at the meet if you know in advance that you will not be attending the meet

Being a Swim Buddy is a privilege that goes beyond the summer season. Please do your best to be there for your Little Buddy for all events and meets. You are a big part of welcoming new swimmers and swim families onto the team. This is a very positive experience for each Buddy and it helps to build their confidence, camaraderie, and spirit for the team. The Little Buddies look forward to your encouragement, and enjoy watching you swim as well. Being a Swim Buddy is a season-long commitment, please be sure you are able to participate all season.

## **As a Little Buddy, what can you expect from your Big Buddy?**

Your Swim Buddy is expected to help you during relays, cheer you on during your races, and provide positive feedback and encouragement. They are NOT required to keep track of you, babysit you, or make sure you are at the ready bench. Once you are at the ready bench, your Swim Buddy should be there to help you to the blocks, relieving your family to go watch the race. Adults who are NOT working the ready bench area are usually asked to keep clear of that area once they have gotten their swimmer there.

Swim Buddies are assigned. However, if there is a special circumstance where Little Buddies and Big Buddies know each other and wish to be paired up, we can try to make those arrangements.

Any questions, concerns, or suggestions please contact:

Ada Barros Heiser  
Dixon Dolphins Social Chair  
ada.barros@gmail.com