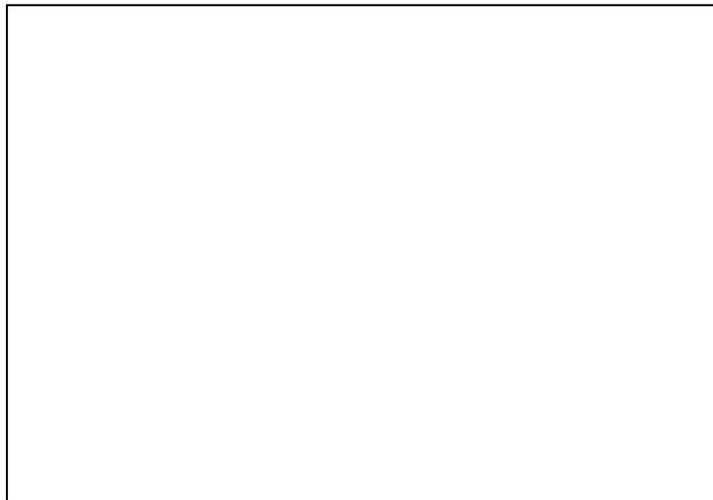


# I need a SWIM BUDDY!

Hello My Name is: \_\_\_\_\_

Attach Photo Please



I am \_\_\_\_\_ years old. This is my \_\_\_\_\_ year swimming with the Dixon Dolphins! I am in the \_\_\_\_\_ grade and attend \_\_\_\_\_ school.

Tell me something about yourself: \_\_\_\_\_

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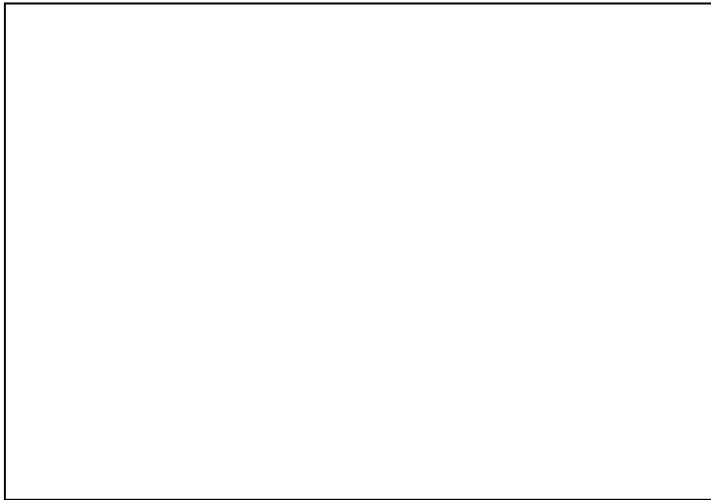
Phone Number: \_\_\_\_\_ email: \_\_\_\_\_

Parent Name: \_\_\_\_\_

# I am your SWIM BUDDY!

Hello My Name is: \_\_\_\_\_

Attach Photo Please



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) are matched up with an older swimmer (11 & ups, & some mature 10's) to help them during relays, at the ready bench and at the blocks. Our experienced swimmers already know the process and are able to assist there "little" buddy in their meet experience. All "buddy's" Big and Small will fill out an informational sheet, which should included a photo and return them. They must be turned in by May 4<sup>th</sup> to the box at the pool labeled "BUDDIES".

## What is expected from you as a "Big Buddy".

You will be expected to help during relays. Cheer on your little buddy during their race, and provide positive feedback and encouragement. Go over the race stroke at the starting block. You will be expected to meet your little buddy at the ready bench when the race is called. Very Important: Please contact the "Buddy" family in advance if you will not be at the meet.

## What can you expect from your "Big" Swim 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 or to make sure you are at the ready bench. Once at the ready bench, your swim buddy should be there to help you to the blocks, relieving "mom/dad" to go watch the race. Parents who are NOT working the ready bench area are usually asked to keep clear of that area once they have gotten their swimmer there.

Being a Swim Buddy is an extreme privilege that goes the entire season and beyond. Please do your best to be there for your buddy for all events and meets. This is a very positive experience for each Buddy and it helps to build their confidence, comrodery, and spirit for the team. The Little Swim 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 will participate all season.

Buddy's are assigned, however if there is a special circumstances where 2 Buddy's know each other and wish to be placed together we can try to make those arrangements. We like to have all buddy's assigned before our first meet.

Thank you in advance!

Any questions, concerns or suggestions please contact:

Rene Santa Cruz  
jrsantacruz@sbcglobal.net  
707-688-4953.