

2016 Big Frog/Little Frog “Buddy Program”

- 1.) This is a **fun mentoring program** between our older team members and our new younger members. The program is a simple way to support our younger members, cultivate cross age group friendships, build encouragement and enthusiasm, and help them figure out the meets.
- 2.) All “**Little Frogs**” ages 5-10 will be assigned a designated “**Big Frog.**” The Big Frogs know the program of how to be successful Klahaya frogs at our meets Inspire them, cheer for them, laugh together, calm their nerves, and help them have a positive swim experience. Their job is to pass on the fun of being a Klahaya team member to the little ones. They take on an active leadership role to build the new generation of the Frog Nation by leaving their legacy with our younger frogs.
- 3.) **PARENT FROGS-** Meets can be confusing for our first timers. Veteran parents are encouraged to join forces with their own older Big Frogs in collaborating with the PARENTS of their Little Frogs to be a friend and ally throughout the season. Expand the circle of friendship, extend our community feel of connectedness, help each other out. This will help build the social network of our team community and help our new families make a smooth and easy adjustment to our meets and practices.
- 4.) Although the Big Frog Parent is helpful, **each Little Frog PARENT always takes the lead in managing their own little ones** at meets. The **Big Frogs are friends, not babysitters** during the meets. Big Frogs have their own races to attend to and parents are expected to take the lead in shepherding their own children.
- 5.) **BIG FROGS Expectations:**
 - a. Meet your Little Frogs; memorize their names
 - b. Become a supportive KLA team friend for the summer
 - c. At meets, Big Frogs are expected to locate their Little Frogs. Before the team warms up, Big Frogs reinforce parent assistance by showing their Little Frogs the posted meet line-up and verify their events. Check for understanding.
 - d. Help them get prepared for the meet warm-up.
 - e. After our older kids warm-up, Big Frogs need to locate and bring Little Frogs to our team meeting before the meet begins and enthusiastically help Little Frogs learn our KLA team cheers.
 - f. Help the Little Frogs get in place at Ready Area and at the correct pool end for their Relays.
 - g. Remember the assigned strokes they are doing and be excited for them.
 - h. Show them where to go to pick up race ribbons.
 - i. Create supportive posters or other fun signs of enthusiasm are encouraged.
 - j. Big Frogs need to make sure that in helping their Little Frogs they do not neglect their own race responsibilities and preparations.
- 6.) Many Big/Little Frogs may wish to bring a small fun gift to their frog partner at the meets. This is fine, should not be big, fancy, or expensive. It is a swim meet with a mentoring program, it is **not a birthday party**.
- 7.) Keeping in mind that we are swim team at an *athletic and competitive meet*, **gifts of candy and lots of sugar are not helpful or healthy**. Other sporty ideas are more effective in showing support to our Little Frogs.

Smart healthy ideas for Frogs:

 - a. Handmade posters or cards, motivational quotes/slogans
 - b. random gear with “Frog” stuff on it
 - c. Vitamin water
 - d. Powerbars/Cliff Bars, Fruit snacks, fruit leathers, String cheese, nuts

- e. Art stuff- crayons, markers, stickers, bubbles
- f. Bath supplies, Hair gear for girls or nail polish