

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 KLA “**Little Frogs**” ages 5-10 will be assigned a KLA “**Big Frog**” (ages 11-18). The Big Frogs know our team culture and how to be successful Klahaya Frogs at our Meets. Their job is to help them have a positive swim experience, befriend, and inspire them, cheer for them, laugh together, and calm their nerves. They will strive 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 friendly positive legacy with our younger frogs.
- 3.) **PARENT FROGS-** Meets can sometimes be confusing for our first timers. Veteran parents are encouraged to join forces with their own older Big Frog youth in collaborating with the PARENTS of their Little Frogs to be a team 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 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 all parents are expected to shepherd 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 our Team Warm-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. Big Frogs need enthusiastically help Little Frogs learn our KLA team cheers.
 - f. Help the Little Frogs get in place at Ready Area/Clerk of Course and get to 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 small supportive posters or other fun signs of enthusiasm.
 - j. Big Frogs need to make sure that they do not neglect their own race responsibilities and preparations.
- 6.) Many Little and Big Frogs may wish to bring a very small fun inexpensive gift to their frog partner at the meets. This is fine, should not be big, fancy, or costly. 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, travel size shampoo, hair gear for girls

8.) Frogs should communicate their meet attendance plans. Many little Frogs get sad and left out when big Frogs are absent for many meets during the summer.

9.) The Roster of matched Big & Little Frogs will be distributed and posted for everyone's information.

10.) If there is a problem or difficulty with a Frog partner, a parent should email Coach Tom at swimcoach@klahaya.net right away.