



Seminole Sharks Swim Buddy “About Me” Form & Information

One of the best ways to bring spirit to our team and meet other swimmers is to be a Seminole Sharks Swim & Dive Buddy! An experienced swim team member will be matched with a new or less-experienced swim team member, or within the same age group, to encourage kids to get to know each other and have fun. Buddies will cheer each other on at practice and/or meets and exchange creative notes of encouragement and small treats throughout the season. **Forms due June 5th! Follow ALL steps below:**

1. In TeamUnify’s Team Events, edit your swimmer’s Commitment to “Yes” (important!)
2. Print and fill out this “About Me” form, and place in the C. Grady family folder, located in the file cabinet in the breezeway at the pool. Once swimmers are paired, your buddy’s form will be placed in your family folder.
3. Please make an effort to find your buddy after they are assigned, either at practice or at a meet. Being a swim buddy is a commitment, so please be sure you can participate before signing up.
4. Have fun!

Name:

Age:

Birthday:

I am on the: Swim Team ☐ Dive Team ☐ Both ☐ Years on Team:

Favorite Color:

Favorite Book, Movie or Character:

Favorite Food/Snack:

Favorite Treat:

Favorite Swim Strokes:

I plan to attend: Home Meets Only ☐ Home & Away Meets ☐

Parent’s Name, Email and/or phone#:

Would you be willing to have two swim buddies, if needed? Yes No

Other:

How to Participate

- * Log into TeamUnify, under Team Events, select Swim Buddies 2025. Click Attend/Decline or Edit Commitment, and select "Yes" for your swimmer(s) to participate. Save changes!
- * Print and fill out this "About Me" form and put it in the **C. Grady Family** folder by **June 5th**. If you have multiple swim team members, please fill out one form for each swimmer.
- * If you have an older or more experienced swimmer, please indicate if you can take on more than one buddy (this helps if we have extras, last-minute signups, or young swimmers).
- * Your swimmer(s) will be assigned a buddy, and the forms will be placed in the corresponding family folders in the next few weeks. If you do not have a family folder, let me know.
- * Signing up as a swim buddy requires commitment from both participants. Please do not sign-up if you do not feel you can reach out to a buddy consistently throughout the season, or if you can't attend meets.
- * If you are not attending the same meet(s) as your buddy, you can still provide encouragement to your buddy. Either leave a card in their family folder or give it to them at practice.
- * Please check Team Unify or Heat Sheets to see if your buddy will be doing the meets each week.
- * A small gift is usually exchanged with your Buddy at the end of the swim season at the Pasta Party.
- * Please contact Cindy Grady with any questions you may have. cbrandon07@gmail.com.

Things to do for your Swim Buddy*

Swim buddies will typically exchange cards, notes, trinkets, snacks or treats at every swim meet. Find your buddy at the start of the meet to do the exchange, and ask what events they are doing so you can cheer them on! Find out more about your buddy in the "About Me" form. Below are some ideas:

First Home Meet:

- First Home Meet!! Find your Swim Buddy at the meet, and give them an encouraging note and snack for the first home meet! Give them a high-five after they swim! GO SHARKS! If this is your Buddy's first year of swim team, give them extra encouragement!

Other Meets:

- Take a picture with your Buddy and email to cbrandon07@gmail.com. We would love to share your photos at the banquet!
- Make your Buddy a poster to display at the meet.
- Give your Buddy their favorite snack their "About Me" form, along with a good-luck note.
- Buy your Buddy a donut or treat and something to drink from concessions at the meet.
- Make a card for your Buddy or draw a picture of them doing their favorite stroke.
- Give your Buddy a healthy snack to prepare them for the week of All-City!
- A small gift is usually exchanged at the Pasta Psych-Up Party before All-City.

* These are suggested activities for your Swim Buddy. You can put notes in their folders or hand-deliver items at the swim meets. Please read the "About Me" form for extra ideas.

*We understand families and swimmers are busy! Please remember being a swim buddy is a commitment, so please consider whether this works for your family before you sign up.