



CALLING ALL BIG FISH/LITTLE FISH!

The Big Fish, Little Fish program is designed to build relationships, camaraderie, and team spirit between the age groups. The Big Fish/Little Fish program is not about elaborate gifts – it is about actions and behavior. It is about being a supportive teammate!

Both swimmers are encouraged to cheer each other on at practices and meets. However, the Big Fish should take the lead to be a mentor, cheerleader, and role model of what makes a good teammate. To ensure the success of the program, it is important that Big Fish fulfill these expectations.

Here's How to Get Involved:

1. CREATE- Write your Big/ Little Fish a note, draw a picture, or make a friendship bracelet! Use your talents to inspire your Big/ Little Fish to swim fast and psych them up for a great meet!

- **Day of meet/at meet** – get a drink and snack for your fish friend.

2. CHEER - Watch your Big/Little Fish swim at meets! Be the loudest and most supportive teammate on the pool deck!

3. CONGRATULATE- After your Big/Little Fish race, be there to tell them how great they swam!

4. AT THE POOL- If you are at the pool, meet up with your Little Fish for some fun. Go for a swim (Big Fish can help Little Fish with their strokes), a walk, or even a snack together. Make this a memorable experience for you as well as them!!

To Be a BIG FISH:

- Be 11 or older (this maybe adjusted depending on number and age of swimmers)
- You must commit to cheering on your Little Fish.
- If possible, let your Little Fish know when you are going to miss a meet or any social event.

To Be a LITTLE FISH:

- Age 10 and under (this maybe adjusted depending on number and age of swimmers)
- Just let us know if your child wants to participate!
- If possible, let your Big Fish know when you are going to miss a meet or any social event.

Please complete the attached form for each swimmer that would like to participate in the Big Fish/Little Fish Program and return to me by the first practice May 30, 2023.

After you sign-up, you will be assigned a Big/Little Fish who is counting on you! If for any reason you are no longer able to participate, please notify Lee Whalen at 859-462-5888 or leefwhalen@gmail.com.



BIG LIL FISH WORKSHEET

Please answer questions for each swimmer on the team.

DETAILS: SWIM ONLY/DIVE ONLY/BOTH CIRCLE ONE

Name	
Age	
School	
Sibling on team? Name?	
First year swimming?	
Will not be at swim meet on...	

FUN

Favorite snack food	
Favorite drink	
Favorite color	
Favorite candy	
Anything else you want to add	