



## **YMCA National Swimming Championships Athlete Volunteer Instructions**

Thank you for volunteering to fill a special role in the YMCA National Swimming Championships. Use [this link](#) to apply and request your day and session.

Dress neatly and appropriately with your team jacket and shorts or pants.

### Devotions

Report to the Announcer's Stand 10 minutes prior to the end of Warm-up.

- Write an original reflection of up to two (2) minutes.
- Focus on some aspect of the YMCA and/or YMCA swimming (eg. YMCA values, what the Y and/or Y Swimming has meant to you, what you have learned, special people involved in Y swimming, etc.).
- The YMCA is an inclusive organization that welcomes all. Please be mindful and respectful all faiths and belief systems.
- If you would like to include a prayer, please make it non-denominational prayer. During Preliminaries, if there is no one presenting the National Anthem, you will lead the Pledge of Allegiance following your devotion and prayer.
- Hold the microphone close to your mouth without putting your mouth on it.
- You may have a teammate help you by holding your devotion as you read it.

### National Anthem

Report to the Announcer's Stand 10 minutes prior to the end of Warm-up.

- Be experienced in performing the National Anthem in front of large groups of people.
- Be prepared to submit an audio sample of a previous performance.
- If you need the words and/or sheet music, you may bring it with you to the Announcer's Stand. You may have a teammate hold it for you as you perform, if you prefer.
- If singing, hold the microphone close to your mouth without putting your mouth on it.