10/19/21, 9:33 AM Buddy System

Mentees Mentors Help buddy with swim cap Meet mentor @ event sheet Write events on arm Listen and ask questions Review marshalling Thank your mentor **BEFORE MEET HAMMERHEAD BUDDY** Mentors Mentors Say hi to buddy Check in between events **SYSTEM** Offer encouragement Help w/ marshalling **DURING MEET** PRACTICES The Hammerhead Swim Club believes in building a Answer questions Cheer for younger swimmer community of swimmers through focusing on character, dedication, and encouragement. One way to practice these core tenets of of the HSC is Mentees Mentees through our buddy system which links veteran Listen to mentor Say hi to mentor swimmers with novice swimmers to help them throughout the season, especially their first meet. Cheer for swimmers Cheer them on Please see the examples of how you can be an Thank the mentors Be open to advice inspiring mentor and a responsible mentee. **ONGOING** Mentors Mentees Model: Practice: **PLEASE THANK YOUR COACHES, PARENTS,** Kindness Kindness **AND VOLUNTEERS!** Character Character Work ethic Work ethic