

## ASTC's Big Apple- Little Apple Program

### Purpose

The intent of the ASTC Big Apple- Little Apple Program is to foster relationships between the younger team member (10 and Under) and Junior Coach team members through regular interaction. The BIGS have an opportunity to serve as mentors to younger swimmers and assist them throughout the season in various ways – showing them through action what it means to be a dedicated, supportive teammates and assist the coaching staff in providing additional guidance on how meets, events, practices are executed.

### Expectations

The expectations of **BIGs** during the course of the swim season are:

1. Get to know your little apple.
2. Spend time with them throughout the season.
3. Assist them during the course of a swim meet – direct them to clerk of course, cheer for them during the events, support them throughout their practice, choreograph swim meet theme with your little, etc.
4. Find at least one opportunity outside of a swim meet to spend time with your littles i.e. after A practice at the pool. (should not take place outside of Applewood Swim Club unless approved by your little's parent or guardian)

The expectations of **LITTLES** during the course of the swim season are:

1. Get to know your big apple.
2. Spend time with them throughout the season.
3. Support them during their races at swim meets - cheer for them, etc.

### Guidelines

1. No monetary gifts are permitted during the course of the regular season. One gift is permitted at the conclusion of the season (to coincide with Championships or the Banquet) as an expression of thanks.
2. During the course of the regular season, hand-made crafts are permitted. Examples of allowable items include: posters, hand-made cards, friendship bracelets, etc.
3. Goody Bags or Baked goods are permitted as gifts for meet days only.

