

YMCA Long Course National Swimming Championships Swimmer Volunteer Instructions

Thank you for volunteering to fill a special role in this year's YMCA Long Course National Swimming Championships. It is an honor to represent YMCA swimming and your YMCA team.

Because you are representing your team and YMCA, please dress neatly and appropriately. Do not wear hats or chew gum.

Devotions

Report to the Announcer's Table –

Preliminaries – 7:30 a.m.

Finals – 5:00 p.m.

Please write an original devotion reflecting on some aspect of YMCA swimming (eg. YMCA values, what it has meant to you, what you have learned, special people involved in YMCA swimming, etc.). You are encouraged to include a brief non-denominational prayer at the conclusion, if you are comfortable doing so. This is not required. The entire devotion should last 1-2 minutes. You may have a teammate help you by holding your devotion as you read it, if you prefer. Hold the microphone close to your mouth without putting your mouth on it. Please turn in a typed or legibly handwritten copy of your devotion so that it may be posted on the website.

National Anthem

Report to the Announcer's Table –

Preliminaries – 7:30 a.m.

Finals – 5:00 p.m.

National Anthem performers should be experienced in singing or playing the Anthem in front of large groups of people. If you need the words and/or sheet music, you may bring it with you to the Announcer's Table. You may have a teammate hold it for you as you perform, if you prefer. Hold the microphone close to your mouth without putting your mouth on it.

Color Guard

Report to the Swimmer's Entrance (diving board end of the pool) –

First night Finals - 4:50 p.m.

2nd-4th night Finals – 5:00 p.m.

Hold the flags upright so that they do not touch the ground at any time. The American Flag is always higher than the others. Walk slowly with your head high around the pool (scoreboard side) and stop mid-way behind the starting blocks. After the Opening Ceremonies conclude, return the flags to the Swimmer's Entrance where a meet volunteer will take them.

Water Banner

Report to the diving boards –

First night Finals – 4:50 p.m.

2nd-4th night Finals – 5:00 p.m.

Swimmers should already be in their suits (the ones given to them for swimming the water banner). Arrange swimmers so that there are an even number of swimmers on each side of the banner. If there are 10 swimmers, put 1 at each corner, 1 on each short side and 2 on each long side. When the parade music begins, start pulling the banner across the top of the water to the middle of the pool. Try to keep water from pooling on top of the banner. Tread water smoothly until the ceremonies conclude then gently return to the end of the pool and pull the banner out. A meet volunteer will collect the banner.



2010 National YMCA Long Course Swimming Championship Athlete Volunteers Sign Up Form

If you would like to assist with meet ceremonies during the 2010 National YMCA Long Course Swimming Championship, please check the areas of interest below and **return this form no later than Friday, July 23, 2010**. Each team may have one (1) athlete or group of athletes participating in meet ceremonies. If there is a preference for the meet session and day, please indicate. Devotions and National Anthem are available for every meet session. Color Guard and Water Banner are available for every Finals session. Duties are assigned on a first-come basis.

- ___ **Color Guard** (4 people)
- ___ **Pull water banner** (maximum 10 athletes – see below)
- ___ **Sing the National Anthem** (must have experience singing the National Anthem in front of large group)
- ___ **Play the National Anthem** on an instrument (must have experience playing the National Anthem in front of large group)
- ___ **Offer a Devotion:** (circle one) *Morning (Prelims)* *Evening (Finals)*

Meet Day and Session Preference _____
 YMCA Name _____ Phone _____
 Coach's Name _____ Phone _____
 Coach's E-Mail _____

Return ASAP to:
Meredith Griffin
c/o Brandywine YMCA
3 Mt. Lebanon Rd.
Wilmington, DE 19803
Phone: (302) 478-9622 ext. 26
Fax: (302) 478-2260
mgriffin@ymcade.org
***** Deadline is July 23, 2010 *****

Water Banner Volunteers: Please give suit sizes below (10 athletes max)

	Size/Qty	Size/Qty	Size/Qty	Size/Qty	Size/Qty	Size/Qty
Men:						
Women:						