



Suburban Swim League Olympic Day Celebration

Pre-Event

- Determine location for picture (Close to a microphone and the pool for both teams to gather) and a location where speeches will be given.
- Select 4 older swimmers (each team- boy and girl, high school aged) to read and younger swimmers (one swimmer from each team, age 10-12, gender doesn't matter) to swim in unison across the pool and Coaches that will be speaking.
- Best to provide microphone

Saturday, June 24, 2017

8:20am- Warm-Ups

8:45am- Pre-Meet- Gather all participants together in one area

9:00am- Coaches Speak next to two swimmers holding flag (Photo)

9:05am- Athletes Speak (Photo)

9:10am- Swimmer's swim in unison across pool (Photo)

9:15am- Picture with all Participants behind Olympic Day Flag (Make sure no-one is in front of the flag and both teams in picture.)

(Home Team Coach)

Welcome to the _____ Swim Meet.

Olympic Day is an International Olympic Committee (IOC) sponsored day celebrated by Hundreds of thousands of athletes and para-athletes in more than 160 countries around the world including the United States. Last year all 50 states of the US participated in this celebration. June 23 has been proclaimed the official Olympic Day, but this event is celebrated all week long. Olympic Day commemorates the birth of the modern Olympic Games in 1896 and is an international effort to promote the high ideals of the Olympic movement that includes Fair Play, Perseverance, Respect and Sportsmanship as well as the physical benefits of sport participation.

With this in mind, know that the Olympic ideal believes that:

(Swimmer 1)

Real athletes show respect.

They respect their sport, their teammates and their opponents.

Respect your sport.

Remember the effort that will make you a good swimmer to make yourself a better person. Give your best in the pool in both practice and in your races.

Respect your teammates.

A good team mate makes everyone around them better. They only use words of encouragement and push their teammates in practice and in competition. They support them in good times and in bad in the pool and out.

Respect your opponent.

Your opponent will push you in competition to make you better. Especially in a sport like swimming. Be sure to shake hands at the end of every race and thank them for their effort for if you have set a personal best, it is because you were being pushed by your opponent. Thank them for their effort.

(Swimmer 2)

Real Athletes are good sports

Finally, being a good sport involves being a good winner as well as being a good loser. Olympic athletes aren't perfect but they work hard at being good sports. Remember The important thing in the [Olympic](#) Games is not winning but taking part. The essential thing in [life](#) is not conquering but fighting well.

(Swimmer 3)

Real Athletes play Fair

Fair play is all about respect for rules, respect for your teammates, respect for your opponent, and respect for the officials and their decisions. It's about giving everybody an equal chance to play and maintaining your self-control. Fair play refers to all participants having an equitable chance to pursue victory and acting toward others in an honest, straightforward, and a firm and dignified manner even when others do not play fairly. It is wrong to want to win so badly that you cheat. You don't need to cheat to do well. It's not the way to win, and it's not fair play.

(Swimmer 4)

Real Athletes show Perseverance

Perseverance is staying focused on your goals and not giving up, even when your task is difficult. Real athletes train hard and do not give up. They keep going, they press on and they persist in following their dreams. Reaching your goals takes hard work, persistence, and strength. Some of the greatest athletes have had to overcome failure, injuries, and other problems to become the best. You can do the same.

(Away Team Coach)

It is with this that Governor John Carney proclaimed June 23rd 2017 Olympic Day in the state of Delaware. The proclamation reads:

Whereas, for over 100 years, the Olympic movement has built a more peaceful and better world by educating young people through amateur athletics, by bringing together athletes from many countries in friendly competition, and by forging new relationships bound by friendship, solidarity, and fair play;

Whereas, the United States Olympic Committee is dedicated to coordinating and developing amateur athletic activity in the United States to foster productive working relationships among sports-related organizations;

Whereas, June 23 is the anniversary of the founding of the modern Olympic movement, representing the date on which the Congress of Paris approved the proposal of Pierre de Coubertin to found the modern Olympics:

To recognize this, we ask that swimmers from each team swim the opening length in unison. Also, each of you will receive a certificate of participation signed by the Presidents of the International Olympic Committee and the US Olympic Committee

Let the Meet Begin!!!!