

MEYO BADGE OF COURAGE

We have designed and produced a medal for the MEYO swim team because we think that each and every one of the MEYO swimmers deserves a Badge of Courage.

It takes courage to go to practice every day after a long day at school. It takes courage to jump into cold water and to work on strokes, endurance, and a million starts and turns until you get it just right. It takes courage to get up at 4:00 A.M. so you can make warm-ups at an out of town meet when it's 15 degrees below zero in the dead of winter. It also takes courage to work hard and never give up even when you have had a bad swim or did not make a better time. We see you all pick yourselves up, dust off your goggles and try harder time and time again.

You are courageous too, when you are respectful to your coaches and kind to your teammates as you cheer each other on. It warms our hearts to see you turn into excellent swimmers and even better human beings. You are hardworking; fun loving, awesome MEYO swimmers and we salute you!

To recognize your achievements, you are being presented with a MEYO Badge of Courage so you will have a tangible record of your improvement as a Madison East YMCA Octopi swimmer.

- ❑ You will receive one medal only for your lifetime as a MEYO swimmer You will hang it in a place of honor in your home. Chains will be attached that will hold different colored beads. When you have filled up a chain, you will be issued a longer chain as you keep improving. Your medal will grow as you grow as a swimmer. If you take a year off to be a foreign exchange student in Uzbekistan, save your medal until you return. When you turn 18 years old and graduate, you can look at your Badge of Courage with long chains of beads and always remember that once you were a MEYO swimmer and you were awesome!
- ❑ You will receive your chain and first bead when you initially swim an event. After that, you will receive a bead to add to your chain each time you attend a meet and better your time.
- ❑ Your time sheet with your results will be color coded to match the color of the beads. You might have a dark blue bead and a yellow bead in your bag. You would look on your result sheet and see that the 50 Fly is highlighted in yellow and the 100 IM is highlighted in blue. The yellow bead would go on your chain for Fly and the blue bead would go on the 100 IM chain.

THE BREAKDOWN OF BADGE OF COURAGE COLORS

25 Yards	Light Blue
50 Yards	Yellow
100 Yards	Dark Blue
200 Yards	Orange

400 Yards	White
500 Yards	A Dolphin
1000 Yards	An Aztec Bead
1650 Yards	A Fish

- ❑ Parents, give your swimmers a high five when they bring their beads home. They have worked very hard for their accomplishments.
- ❑ You will not have an opportunity to better your times if you do not attend meets. There are meets galore. Keep track of the meets in your handbook and check the website for sign up dates. Plan to attend meets so everyone on our team can receive a MEYO Badge of Courage and watch it grow