

Gratitude Campaign Introduction to Athletes <i>Given during meet Opening Ceremonies--lasted about 5 minutes</i>	
Rocky ¹ Makes Waves	<ul style="list-style-type: none"> Welcome to Utah! We're so glad you're here to represent your LSC's. Congratulations! You have accomplished so much even to be here. We hope you will enjoy being together. You, like meet mascot Rocky, have made waves to get here! Now that you're here, we invite you to RELEASE THE RAPTOR!
Release The Raptor	<p>What does that mean? To me it means that your training--that which you've received from your coaches--your hard work--hours & hours in the pool, and your passion for the sport of swimming--that something special inside that is unique just to you, will come together here at this meet to create your own special energy & spark.</p>
Did You Know?	<p>We're so glad you're here. We've been planning and preparing for your arrival for over a year! Did you know that volunteers, unpaid people, have already spent over 2500 hours spent getting ready for you to come and that it will take over 3500 volunteer hours throughout this week to host this meet?</p> <ul style="list-style-type: none"> If these volunteers were paid even just \$10/hour (and many are professionals who could earn much more) it would have cost \$60,000 just to pay the people to prepare and run this meet--and that's IN ADDITION to the meet fees your parents paid! Swimming couldn't happen without volunteers. These volunteers, and others who help to provide swimming opportunities, including coaches and parents, deserve your gratitude. What can you do to show it? <ul style="list-style-type: none"> Swim your best Thank them
Thank 3 Each Session	<ul style="list-style-type: none"> At this meet we're asking you to Thank 3 Each Session. This means you will give at least 24 Thank you's over the course of the meet, but you're welcome to give more. <ul style="list-style-type: none"> The best part is, not only will you help those you thank to have a warm feeling inside, as you sincerely feel and express your gratitude, you will feel good too!
4 questions	<ul style="list-style-type: none"> WHO are some people you could thank? <ul style="list-style-type: none"> (Have everyone stand then sit as their answer is given) HOW can you thank them? <ul style="list-style-type: none"> (Practice saying "Thank You" all together, share other ideas) We also invite you to think about "WHY" you are thanking the person you're thanking, and How your thank you made a difference--both for you and the person you're thanking.
Deck Pass Patch	<p>After you've given 3 Thank You's in a session, Take your phone, or other device with deck pass to an Athlete Rep and you can scan a code and get a new Deck Pass Patch!</p>
True Sport	<p>In addition to practicing gratitude by giving your 3 Thank Yous each session, you'll also have the chance to learn more about gratitude and earn some great prizes by participating in a scavenger hunt prepared just for you by USA Swimming partner: True Sport.</p>
Thanks & Closing	<p>Thank you for coming, and thank you in advance for helping to make our volunteers feel great about their service by thanking them. Good luck, swim fast, have fun!</p>

¹ Rocky, a swimming velociraptor, was the meet mascot and an integral part of this meet.