



NADADORES SWIM TEAM SWIM-A-THON
MONDAY – JUNE 13, 2011

Green Group – 9:30 to 10:30 | Blue Group – 10:30AM to 11:30 | Black Group – 11:30AM to 12:30 pm

Swim-a-thon is our main fundraiser of the season. Team members raise money by soliciting pledges or flat donations for swimming **LENGTHS**** of the pool. Money raised is used to cover costs of coaches, trophies, league fees, awards, etc. Use attached pledge sheet.

Swimmers have a one-hour period to swim as many **LENGTHS** as they can. A swimmer may use **any** stroke or method other than walking to get up and down the pool. Swimmers may not stop to talk, hang on side, rest or otherwise stop swimming. Once a swimmer has touched the bottom of the pool or stops swimming, his/her time is up and number of lengths should be recorded.

Should a swimmer not be available to swim on the actual day of swim-a-thon, he/she can swim their **LENGTHS** at the next practice. Please let coaches know if you will be doing a make-up swim.

- Donuts & juice will be served to swimmers when they are done swimming.
- Prizes will be awarded at year-end banquet for most lengths swam and most monies raised.
- All monies should be collected and turned in by June 28, 2011.

Checks can be made payable to ***Northern Hills Swim Team***

****We emphasize that the swimmers use the term LENGTH which means from one end of the pool to the other. FYI, some of our middle aged to older swimmers may swim 100 lengths or more.**

SWIM-A-THON PLEDGE SHEET
MONDAY – JUNE 13, 2010

Swimmer's Name: _____ Total Lengths Swam: _____

	Name	Phone	Donation/Length	Flat Donation	Amount Due
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					