FRIDAY MORNING JUNE 12, 2015

2015 SWIM-A-THON

White Group - 7:30 - 8:45 AM
Black Group - 8:45 - 10:00 AM
Blue Group - 10:00 - 11:00 AM
Green Group - 11:00 - 12:00 Noon

WHAT'S A SWIM-A-THON? The SWIM-A-THON is our team's only fundraiser and a great way to motivate and train our swimmers. Team members raise money by asking for pledges or flat donations for swimming **LENGTHS*** of the pool. Money raised is used to help cover the costs of coaches, trophies, league fees, awards, etc. Use the pledge form below.

WHAT ARE THE RULES? 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 or his/her time is up and the number of lengths* is recorded.
EACH SWIMMER WILL NEED TO PROVIDE THEIR OWN LAP COUNTER.

Should a swimmer not be available to swim on the actual day of The 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.

- Refreshments will be served to swimmers when they are done swimming.
- Prizes will be awarded at year-end banquet for Most Lengths Swam and for Most Money Raised.
- All money must be collected and turned in by **Wednesday JUNE 24, 2015**
- Checks payable to Northern Hills Swim Team or NHST.

***LENGTHS:** We emphasize that the swimmers use the term "lengths" (not laps,) 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.

PLEDGE & COLLECTION FORM:

Name	Phone	Donation/Length	Flat Donation	Amount Due
Total Laps Swam:		Lap Count by:	Total $ Collected:	