

2018 Lake Park Piranhas SWIM-A-THON

Hello Piranhas! We are planning for our annual Swim-a-thon! This is a fun chance for each swimmer to help the team and at the same time build up endurance for the upcoming season. This is not required, but we would like for each swimmer to participate.

The Swim-a-thon will be held TUESDAY JUNE 5th from 6 - 8 pm.
This will be in place of our regular practice that night.

10 and under will swim from 6pm - 7pm.

11 and older will swim from 7pm - 8pm.

For those of you not familiar with a Swim-a-thon, think of it as a Walk-a-thon in the water. Pledges are made based on # of laps swam (\$.10, \$.50, \$1.00/lap and total is collected after the event) or sponsors can do a flat donation (which is easier for all involved and the check can be provided in advance of the event). Each swimmer participating will need to reach out to friends, family, and local businesses to ask them to sponsor you for the event and then follow up to collect the money that was pledged.

****All checks should be made payable to Lake Park Booster Club.**

Memo - Swim-a-thon**

The due date for Pledges to be turned in is THURSDAY JUNE 14th.
Pledge money should be turned in to Mandy Zelakowski.

Swimmers who raise \$35 or more will receive a free 2018 Swim-a-thon T-Shirt.

Prizes will be awarded to the swimmer who has the most laps swam in each age group, as well as the swimmer who raises the most pledges in each age group. However, the same swimmer may not win for both categories.

A Certificate of Participation will be awarded to all swimmers.

As always, we could not do what we do without the help of our amazing Swim Families. Volunteers will be needed for each session to count laps, we will need 6 volunteers per hour, that is 12 total. Volunteers sit at the end of each lane and mark laps for the swimmers in that lane, and offer words of support and encouragement. If you are interested in helping out, please speak to Mandy Zelakowski or Team Coordinator Angie Figiel.

On the day of the event:

- Eat a light and healthy meal at least one hour prior.
- Bring a water bottle and Gatorade to keep at the end of your lane. **STAY HYDRATED!!!** Stop and drink often!!!
- Arrive at least 15 minutes early to stretch and warm up.
- You may stop and rest at the end of your lane between laps.
- Kick board will be available for the younger kids if their arms get tired.
- There will be Pizza & Popsicles after event.
- **HAVE FUN!!!**

