

Swim A Thon

2023-24

9TH ANNUAL SWIM-A-THON

THURSDAY, APRIL 4

4:00-5:00 PURPLE (2500 YDS=100 LENGTHS)

4:30-6:00 NAVY (3750 YDS=150 LENGTHS)

5:00-7:00 GREEN 1 & 2 (5000 YDS=200 LENGTHS

How Can Someone Donate?

- electronic payment using QR Code
- check made out to CAC- NWGA or cash
- donations can be personal or businesses
- share on social media and via text/email



TEAM GOAL = \$10,000

PRIZES

Raise \$100

Earn a Bag Tag

Raise \$200 Earn a Bag Tag & Goggles

Raise \$300 Earn a Bag Tag, Goggles, & Skip a Set Coupon

Raise \$400

Earn a Bag Tag, Goggles, Skip a Set Coupon, & a Micro Fiber Towel

Raise \$500

All of the Above Prizes & Coach for Day Coupon

Top Earner Over \$500

All of the Above Prizes and a \$300 gift certificate for a Tech Suit

What is a Swim-a-thon?

A Swim-a-thon is a really fun way to combine something you love - Swimming! - with a wonderful cause.

- Together with your teammates, you will commit to either swimming for two hours or 200 lengths of the pool (this time and length varies for each practice group).
- The funds raised will go to the NWGA Nitros, with 5% of the money going back to USA Swimming Foundation, providing financial support to the the Make a Splash initiative and the U.S. National Team.
- This is the primary fundraiser for the NWGA Nitros and will be used to cover operating expenses.
- Every swimmer is expected to participate.

Swimmers will collect pledges from friends, neighbors, businesses, and family by using the pledge form envelope or have them make a donation online using the attached QR code.



- Donors can either pledge a certain amount per length or make a flat donation.
- · Sample letter/email content is available upon request.
- Checks should be made out to the CAC NWGA.
- For Online Donations please have donor fill in swimmer name, sponsorship amount, sponsor/business name and billing information.
- All pledge forms and money must be turned in by May 1st to be considered for prizes.
- All swimmers that turn in a pledge form with a minimum of \$100.00 pledged and collected will receive a Swim-a-thon bag tag.
- If you are unable to attend the Swim-a-thon, you are still expected to collect donations and can make up your laps/time at a scheduled time.