

Fast Facts About the Foundation

Founded

Invested in Saving Lives

Invested in Building Champions

Invested in Impacting Communities

2004

\$17.7M

\$14.2M

\$4.4M



[Overview](#)

[Ways To Donate](#)

[Saving Lives](#)

[Building Champions](#)

[Impacting Communities](#)

[2024 Olympic Trials](#)

[Events](#)

[Swim-a-Thon](#)

[About Us](#)

SWIM-A-THON

Swim-a-Thon™ is a fun and easy way to raise money for your team. Your athletes raise money by swimming lengths of the pool. Swimmers ask family, friends, neighbors, or businesses to pledge money per length, or make a flat donation in support of the team. Swim-a-Thon participants can earn cool prizes from the USA Swimming Foundation; plus, qualified teams are automatically entered into the Swim-a-Thon contest where you'll have the opportunity to earn prize packages... one lucky team will win a visit from an Olympian!

Training equipment, pool time, and starting blocks are just a few of the ways teams have used their Swim-a-Thon proceeds... What does your team need?

GET STARTED TODAY!

The new Swim-a-Thon Dashboard has officially launched! This Dashboard will provide a more seamless process for clubs to enter contracts, submit results and claim prizes for their fundraising efforts. The Dashboard can be accessed through your USA Swimming membership account. Payment options for the 5% contribution to the USA Swimming Foundation will continue to run through the Dashboard.

LOG IN TO USA SWIMMING ACCOUNT

Before accessing the Swim-a-Thon Dashboard, an individual's USA Swimming account must be registered as either a Club Admin or a Swim-a-Thon Admin with the club hosting the event. To register an account as a Swim-a-Thon Admin, the Club Admin must assign the individual as such under the club's staff. Once the necessary individuals have been granted access, the following steps should be followed:

1. Club Admin or Club Swim-a-Thon logs into their USA Swimming account;
2. Click "Club" on the blue banner;
3. Click "Swim-a-Thon" from the dropdown menu;
4. Under "Contracts" click "Start a new Swim-a-Thon";
5. Enter in the required information; and
6. Press "Submit." Please note, you will not be able to edit your contract once you hit submit.

Non-USAS registered clubs looking to register their event should start by emailing their club's name, Swim-a-Thon contact name, and Swim-a-Thon contact member ID (if applicable) to swimathon@usaswimming.org. A response with further instructions will be received within 24 to 48 hours.

1. Club Admin or Swim-a-Thon Admin logs into their USA Swimming account;
2. Click "Club" on the blue banner;
3. Click "Swim-a-Thon" from the dropdown menu;
4. Click "Results";
5. Under "Results" click the edit icon on the right-hand side of your Swim-a-Thon;
6. Enter required information
 - o Please note your 5% donation is automatically calculated based on the total amount collected.
7. Press continue;
8. Upload all prize winners;
9. Click "Submit." Please note, you will not be able to edit your results once you hit submit.

Add Prize Winners Under Results Tab

1. Once you are under "Results" in your Swim-a-Thon dashboard;
2. Click "Add Prize Winner";
3. Enter required information;
4. Click "Save";
5. Repeat until all prize winners are uploaded;
6. Click "Submit." Please note, you will not be able to edit your prize winners or results once you hit submit.

TeamUnify: To ditch the paper and fundraise digitally, sign-up with the [TUMoney online fundraising platform](#). TeamUnify's platform allows your swimmers to accept donations with just the click of a button! Please note that clubs who register with the TeamUnify platform must still register via the Swim-a-Thon form and USA Swimming.

Starting February 1, 2022, the USA Swimming Foundation made all documents that had been mailed to clubs available to download on this page under the "Fundraising" tab of the "Swim-a-Thon Resources" header. If clubs would still like hard copies of the packet materials, please email swimathon@usaswimming.org. Note that ability to mail these documents may be limited and based on available inventory.

We know Swim-a-Thons are a vital part of your team's fundraising efforts and want to encourage all clubs to continue working towards their individual fundraising goals. If you have questions, please reach out to swimathon@usaswimming.org.

HOW DOES SWIM-A-THON HELP THE USA SWIMMING FOUNDATION?

Since 2012, teams have paid 5% of their Swim-a-Thon gross proceeds to the USA Swimming Foundation which meant that \$2.7 million have been contributed to the USA Swimming Foundation from teams hosting Swim-a-Thons.

In both 2020 and 2021, the USA Swimming Foundation did not require teams to submit their 5% donation in an effort to help those teams affected by the COVID-19 pandemic. Starting again in 2022, the 5% donation will be collected from USA Swimming member clubs to support USA Swimming's club development and success programs. With the help of your donations, we will continue to make swimming opportunities of all kinds available to everyone who wishes to participate.

[Submitting SAT Results](#)

[Submit a New SAT Contract](#)

[Complete Quick Start Guide](#)

[Additional Dashboard Features](#)

Swim-a-Thon Resources

Getting Started Fundraising

[TU Set-Up Guide for Swimmers](#)

[TUMoney Finalized & Submit Results](#)

[Contest Rules](#)

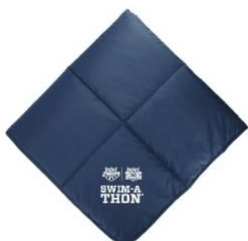
[Press Release Template](#)

[Solicitation Letter Template](#)

2024 SWIM-A-THON PRIZES

- 100-200 laps swum = 100 Lap Bag Tag
- 200+ laps swum = 200 Lap Bag Tag
- \$400-\$599.99 = Latex Swim-a-Thon Cap
- \$600-\$799.99 = 24 oz. Carabiner Water Bottle
- \$800-\$1099.99 = Tabletop Cornhole Set
- \$1100-\$1399.99 = Oversized 100% UVA/UVB Sunglasses
- \$1400+ = Puffy Outdoor Blanket





**If you would like to have prizes fulfilled from the 2023 prize offerings, please email swimathon@usaswimming.org to request the change. Past prizes will be fulfilled as inventory allows.*

Please reach out to swimathon@usaswimming.org with questions about prizes.

FAQS & CONTACT SWIM-A-THON TEAM

HAVE MORE QUESTIONS?

Email or call 719-866-3583 to speak with a Swim-a-Thon representative.

[EMAIL SWIM-A-THON](#)

Why should I care about giving the Foundation money?

The USA Swimming Foundation is a non-profit 501(c)(3) organization that serves as the philanthropic arm of USA Swimming.

±

Is Swim-a-Thon covered by USA Swimming insurance?

Yes! Any USA Swimming member-club that contracts with the USA Swimming Foundation to conduct a Swim-a-Thon is covered by USA Swimming insurance. All other entities hosting Swim-a-Thon's must provide their own liability insurance coverage.

±

Can my organization conduct more than one Swim-a-Thon per year?

Yes. You may hold as many Swim-a-Thons as you like per year, as long as each effort is registered with the USA Swimming Foundation. Multiple Swim-a-Thons, however, are usually not as effective as one well-planned and well-coordinated effort.

±

Can my team still contribute to the USA Swimming Foundation?

Yes! If you are interested in supporting the USA Swimming Foundation's mission to save lives and build champions you are more than welcome to do so. The Foundation is very grateful for your generous support!

±

What happens if I don't register my Swim-a-Thon ?

The USA Swimming Foundation has the right to pursue any team or club that violates the Swim-a-Thon trademark. Of course, our primary goal is to support teams in their efforts, so we are doing everything in our power to NOT go this route. We understand that many teams may not be aware of the Swim-a-Thon compliance rules, so we're making calls, sending letters, and trying to work with teams to make sure everyone has a positive experience.

±

Why should I register my Swim-a-Thon?

Registering your Swim-a-Thon gives you access to the USA Swimming Foundation's online platform—which many teams have used to double or triple the amount of money they raise. Additionally, the Foundation provides incentive prizes for your team.

±

Can we hold a Lap-a-Thon and not pay 5% the USA Swimming Foundation?

No! Swim-a-Thon is a registered trademark owned by the USA Swimming Foundation. Any pledge-for-length event branding that resembles a Swim-a-Thon, including lap-a-thons, aqua-thons, pool-a-thons, or other similarly branded programs involving lap swimming, are a violation of this trademark.

Please note that in 2020 and 2021 the USA Swimming Foundation will be deferring the 5% payment to the teams in order to support the swimming community during the COVID-19 pandemic.

±

Can we hold a Swim-a-Thon without a contract?

No! Swim-a-Thon is a registered trademark owned by the USA Swimming Foundation. Holding a Swim-a-Thon without a contract would be a violation of this trademark.

[±](#)

Who can host a Swim-a-Thon?

Anyone can host a Swim-a-Thon. Hosting a Swim-a-Thon is a great way to fundraise for your swim team or club. It's also an effective tool for summer leagues, high school teams, affinity groups, or colleges and universities!

[±](#)

Foundation Governing Documents

Foundation Board of Directors Meeting Minutes

2024 2023 2022 2021 2020

[February 6, 2024](#)

Latest Foundation News

ARTICLE

AC Swim Club wins 2023 Swim-a-Thon Grand Prize
newsAPR 11, 2024

ARTICLE

USA Swimming Foundation Awards \$780,000 in 2024 Learn-to-Swim Grant Funding for Swim Lesson Providers