



**NO ONE IS USELESS
IN THIS WORLD
WHO LIGHTENS THE
BURDENS OF
ANOTHER.
— CHARLES
DICKENS**



COPS Cares is the philanthropic side to COPS swimming. Our mission as an organization is to develop responsible citizens and leaders by creating excellence in competitive swimming through high quality Technique, Training, Character, and Fun. **COPS Cares** is the part of our organization that gives back to the community and/or a worthy cause allowing our swimmers the opportunity to be responsible citizens and work on defining their character.

As members of COPS, we are fortunate enough to be a part of a great organization. We are able to encourage our children to be the best they can in the water and we have fabulous coaches to support them on their swimming journey. We have the ability to want the best for our children, and now it is the time to share what we have with those in need.

When you think about volunteering and helping others, have you considered that:

- Volunteering connects you to others
- Volunteering is good for your mind and body
- Volunteering can bring fun and fulfillment to your life

COPS Cares will be sharing quarterly initiatives to engage the swimmers. Some quarters may have more opportunities than others depending on the needs of the community.

In September we had a great group of swimmers from the competitive team and masters group plus coaching staff that volunteered, swam and raised money for Swim Across America, an organization raising money for cancer research.

In October our focus shifted to helping the central area of Plano Independent School District with a hygiene drive for those students in need.

November is just around the corner and COPS will be building 25 Thanksgiving Box Dinners for underprivileged PISD families around Williams High School and our own Rowlinson pool.

Come December, COPS will be adopting 30 area children (located in the east side of Plano) through Plano's school district from their families that live in shelters or with other families or extended stay hotels.

Right in our own community there are children and families that need just a little bit of help to keep them moving forward. We hope that you will join the causes that **COPS Cares** participates in and use this as a teachable moment for your swimmer. Get them engaged in the "cause" of the month or quarter. Defining their character is part of our mission and we plan to hold true to our mission. Join **COPS Cares** today as we make changes in the pool and the community!

If you have an organization that you are passionate about or know of a volunteer opportunity that would be good for the team, please contact Jennifer Rowe at President@planoswimming.com