



www.FLAswim.com



SWIM A THON

Swim & enjoy drinks, food and fun...while raising money!

FLA's Swim-A-Thon benefits socio-economically challenged families and persons with disabilities; Staff Development and Education; new equipment and technologies; team travel support & helps to keep team fees low.

Donation Collection: Now – June 15th

Thursday, May 20th, 2010

To be held during regular practice time

[Make up May 21st, or individuals may make up until June, 15, 2010]

How It Works:

Each of the swimmers will ask family, neighbors, businesses and friends for a flat donation, or a per lap pledge to swim on May 20th. The time limit is 2-hours and the maximum number of laps is 200.

Each Monday, bring in your envelope with your collected and pledged donations to your coach to keep track of the total for prize determination. Please note that It is easier to ask for a flat donation so the swimmer does not have to collect after the event. Final donations due by June 15.

Suggested Number of Laps:

National, Senior, Advanced Age Group & Masters:	200 Laps
Blue, White & Masters:	100 Laps
Red:	50 - 100 Laps
Future Stars:	20 - 50 Laps

Let's be one of the TOP teams in USA Swimming! FLA's goal is \$50,000

To meet this goal we suggest each swimmer raise \$125, any amount is appreciated!

Prizes



Top FLA Fundraisers

1st Prize: WIN a \$500 AMEX Gift Card

2nd Prize: WIN a \$300 AMEX Gift Card

3rd Prize: Win a \$100 AMEX Gift Card

MOST SPONSORS:

WIN a \$100 AMEX Gift Card

Swimmer who gets the greatest number of sponsors who donate/pledge \$5 or more each

Individual FLA Prize Levels

WHITE	Raise \$100	WIN a FLA water bottle
RED	Raise \$200	WIN a FLA Cap or T-shirt + WHITE prize
BLUE	Raise \$300	WIN a FLA Sweatshirt + all RED prizes
BRONZE	Raise \$1,000	WIN a FLA Parka + all BLUE level prizes
SILVER	Raise \$5,000	Win FREE Meet Entry fees for a year + all BRONZE Prizes
GOLD	Raise \$10,000	Win FREE Team Dues for a year + all SILVER prizes

All participants receive a USA Swimming Swim-a-Thon certificate

Any swimmer completing 100 - 200 laps receives a special Swim-a-Thon pin

TEAM FLA PRIZES

Individual Prize Per Campus

The highest fundraiser of each campus will design the workout and activity on the last day of the month with the help of his/her teammates and the **COACHES MUST PARTICIPATE!**

Campus Prize

The campus that brings in the most money overall can be host DJ for a home meet. You can help our DJ choose the music and help make announcements.



