

The SEDONA MILE is our tradition!



Every team member has always swum the mile for ever and ever and ever! In fact, check out the first Sedona team members Jammers that they used to swim the Sedona Mile in:

Every Team member has from the beginning of time swam the Sedona mile to raise funds for our team.

Each swimmer uses the attached sheet over the next 10 Days to go out and ask friends, family and neighbors to pledge dollars for laps swum. A mile is 66 lengths of the pool. Get pledges for \$5 or .25 per lap or \$100 or what ever works for the person pledging your swimmer.

Each swimmer then logs their name on the mile pledge form and collects the funds to turn in on Mile day:

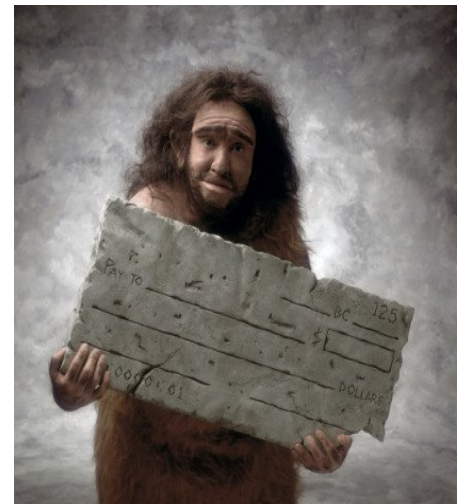
FUN ON Friday, JULY 13th
Team members: 8AM -11AM
Masters and Adult Lap Swimmers: 11AM to 1PM
AT THE SEDONA COMMUNITY POOL

Minimum ENTRY FEE IS \$35.00 AND INCLUDES YOUR “**I SWAM THE SEDONA MILE**” T-SHIRT. Most swimmers try to raise the most they can. We have had several swimmers raise over \$600.00.

The first Sedona Swimmer to raise money swimming the Sedona Mile: It's so easy even a cave man can do it!

➤ All Active team members REGISTER ON LINE at meets tab, click yes you will be attending and complete **the attached form and turn it in to your COACH by July 12. Use your pledge form to keep track of your pledges.**

➤ All Masters and non-team members can register by filling out the entry form and turning it in with your mile donations to get your lane. Donations are turned in at the Mile Clerks table to get lane space.



WWW.SEDONASWIMTEAM.ORG

QUESTIONS: PLEASE EMAIL CHRISTY AT CRSEIP@YAHOO.COM or Erin at estes@peoplepc.com.

