



## **2022 Swim-A-Thon®: Committed to Children in Our Community**

**Why:** The Fish is a nonprofit organization that relies on the Swim-A-Thon® to maintain activities and operations separate from those covered by annual dues. As a nonprofit organization, the FISH relies on your generous support to maintain its high standard of quality coaching and to be able to develop each swimmer into the best athlete possible.

**What is a Swim-a-Thon®:** It is a fundraiser in which participants earn money for their team by swimming many lengths of the pool. Swimmers have a two-hour practice period to swim a maximum of 200 laps. It is recognized by USA Swimming as an effective and appropriate way to raise money while fostering team spirit.

This year, we are teaming up again with Children's National based in Washington DC to support their relentless effort to improve children's health. We hope that by expanding our Swim-A-Thon event to support our team and those fighting at Children's National to become HAPPY...HEALTHY...STRONG kids again, will make this a successful fundraiser. Your contribution will have an impact and will make a difference.

**Where the Money Goes:** Since the Fish is a nonprofit, charitable organization, we rely on our Swim-A-Thon to cover expenses that are not covered by our annual dues. This year the FISH plans to donate 25% of whatever amount is raised to Children's National.

### **When & Where:**

- Mini and AG Swimmers: Saturday, February 12<sup>th</sup>, 6:00 – 8:00 p.m. Spring Hill RECenter
- All other swimmers: Sunday, February 13<sup>th</sup>, 6:45- 8:45 a.m. Audrey Moore RECenter

**How do swimmers participate?** If you have raised donations and/or pledges...you are participating!

**Funds Due:** While donation may be submitted any time before or after the event, keep in mind that all Funds raised are due no later than Sunday, February 20<sup>th</sup>. On the other hand, swimmers who engage in pledges do not submit funds until after learning how many laps they swam.

**How to submit funds:** To help everyone stay safe and make things more convenient, we accept donations online through our website donation portal. We hope you will take advantage of this convenient way to donate!

Simply go to the "FISH Swim-A-Thon" webpage and click on Swim A Thon. Any donation can be credited to a specific swimmer. Also, if you have more than one swimmer or a swimmer has multiple contributions coming in, the online feature allows for committing the funds to a specific swimmer.

Cash or Check may still be submitted. Place cash or checks made payable to "the Fish" in an envelope with the swimmer's full name and practice group, and submit the envelope to your respective coach.

**Prizes & T-Shirt:** Everyone who donates \$100 or more will receive a Swim-A-Thon t-shirt. Plus, the top three fundraisers will receive a private practice with the coach of their choice.

**The Swim-a-Thon® Event:** We understand that these are challenging times and that you might not be able to donate as much as in previous years. There is no minimum amount to be given, and no one will be turned away. Please give what you can.

### **More about Donations & Pledges:**

There are two ways to raise Money for a Swim-A-Thon®: Pledges and Donations.

**Pledges:** Swimmers may ask a sponsor to pledge a monetary donation to them for each lap they swim.

For example, a sponsor may pledge \$1 per lap. After the SAT, the swimmer lets the sponsor know how many laps were swum, and the sponsor pays the amount promised. After swimmers complete the event, they will need to let their sponsors know how many laps were completed. The Money is collected after the event and then turned in no later than Sunday, February 20<sup>th</sup>.

Swimmers should warn sponsors that they intend to complete 100- 200 laps depending on their group.



Children's National.

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**Donations:** Swimmers may ask sponsors to make donations on their behalf to the team. Contributions may either be submitted before or after the event.

Who do the checks get made out to? Checks for the Swim-a-Thon® are made out to "the Fish". Cash is also accepted. Please be sure to submit cash or checks to your coach in an envelope with the swimmer's first and last name and practice group printed on it so we know who should receive credit.

Are donations/pledges tax deductible? Yes, as a nonprofit organization, 100% of the donation/pledge amount is tax-deductible; however, please check with a professional tax advisor for specific details. Receipts are provided during registration at Swim-a-Thon® or upon request. Please contact Monika Paris at [mparis@pvfish.org](mailto:mparis@pvfish.org). All Funds Raised are due no later than Sunday, February 20<sup>th</sup>, 2022.

**Who do you ask to support you?** Ask friends and family members, and anyone else you think would like to sponsor you.

**Sample Letters & Emails:** To help you reach out to others in a social-distanced way, we have a sample letter drafted for you on our website that you can use.

**When should you start?** Now. 😊