

# Forest Ridge Fighting Fish Swim-A-Thon

**When: Friday, July 1, 2011**

**Times: 9:00 AM – 11:00 AM**

**Where: Forest Ridge Pool**

What to do:

1. Get pledges for laps.
2. Bring pledge sheet to swim-a-thon. You must have this sheet to swim.
3. Give your pledge sheet to a counter to count laps (you bring counter)
4. Swim your laps
  - All swimmers must be out of the water by 11:30 AM
  - You may rest every ten (10) laps
  - You are allowed to go to the restroom after twenty (20) laps
  - If you get out of the water for any other reason, you are not allowed back into the water
5. Have your lap counter sign your pledge sheet verifying the number of laps you completed
6. Collect your pledges

**Turn in money and pledge sheet by Friday, July 15, 2011**  
**You must have your money and pledges turned in to participate in**  
**Championships on July 23th**

Snacks and drinks will be provided in limited quantities. You may bring snack and drink items of your choice if you wish.

This is our required fundraiser. **If you have chosen to not participate then a \$30 buyout must have been paid at registration.** All proceeds go towards equipment purchases and operations for the Forest Ridge Fighting Fish Swim Team.

\*Rain date is July 8, 2011.

# Official Sponsor Form SWIM-A-THON

The Swim-A-Thon proceeds benefit the Forest Ridge Swim Team for expenses, fees and equipment

### RULES:

Pledges should be per lap (25 meters) of the pool. A swimmer will be permitted a one minute rest at the end of every ten (10) laps. A swimmer will be allowed out of the water to use the restroom every twenty (20) laps. Upon leaving the water, the swimmer will not be allowed to re-enter the pool. Swimmer's laps will be tallied by their scorekeeper who signs and validates the form. This pledge sheet must be presented to the official at the Swim-A-Thon. You must return pledges and this form by due date to be eligible for prizes.

#	Mr Mrs Miss	First Initial	Print Sponsors Last Name	Address, City, State Zip	Amount Pledge	Total Amount
1			MY OWN PLEDGE			
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
					<b>TOTAL</b>	

Make checks payable to: **Forest Ridge Fighting Fish**

SWIMMERS NAME: \_\_\_\_\_

Official Number of Laps: \_\_\_\_\_

Official: \_\_\_\_\_

*SWIM-A-THON DATE: Thursday, July 1, 2011  
PLEDGES DUE BY: Tuesday, July 15, 2011*