It's time again for our annual lap-a-thon fund-raiser: May 19, 20 & 21. This is an endurance challenge to each swimmer to see how many laps he or she can swim in 60 minutes (the team record is 174).

I love this event because it is a great builder of confidence to swim long distances. I have seen swimmers who thought 8 to 12 lengths were too difficult become regular 32 and 40 lap swimmers because they pushed their limit by giving their all for this event. Last year nearly all the participants swam at least 1 mile (72 lengths).

The lap-a-thon was designed to have your kids "earn" part of their swimming experience and keep initial program costs down. Ten percent of the proceeds go to Grace Children's Orphanage in southeast India.

Seahawks Lap-a-Thon 2009 May 19, 20 & 21

Each family (not swimmer) on the swim team is responsible for $12 per month in additional program fees or $100 in fund raising fees through the lap-a-thon. If you are paying the $12 per month up front, you are not required to raise additional money during the lap-a-thon. However, for the endurance experience, all swimmers will still participate in the hour non-stop swim event And for those who do raise money, we have some awards for individuals exceeding $125 or more.

To record sponsorship, use the attached sign-up sheet and bring it to your swim practice the week of May 19, 20 & 21. You will do your hour swim during your practice time. If you have more than one swim practice per week you may choose the day you swim the lap-a-thon or you may swim it more than one day that week.

Individual Awards
Raise $125: Seahawk team shorts
$200: above + paddles or flippers or goggles
$300: above + team swim suit

To qualify for the prizes, lap-a-thon money must be turned in by Thursday, June 4.

The Homeschool 2009 Swim Team Lap-A-Thon

Swimmer's Name_____

Sponsor's Name	Phone	Pledge per lap	Max. laps pledged*	Max. amount pledged*	Total Due**
George Mueller	***266-5974***	***.25***	***100***	***$25.00***	

This is to certify that_____ has completed _____laps on____/___/09

_____
Coach Matt Finneran

* Sponsor pays only up to total of laps pledged.
** Determined after swimmer's completion of lap-a-thon. Please make checks payable to The Christian Community
45 Pilot-Riley Rd., Zebulon, NC 27597 • 919-404-4948 • www.christiancommunitysports.com