



# Dunbar Dolphins Amateur Swimming Club Sponsored Swim

Monday 23rd & Thursday 26<sup>th</sup> March 2020

Every year, the swimming club holds a sponsored swim. This not only gives us a chance to raise money for a local charity, it also allows our swimmers to challenge themselves. They are always amazed at how far they can swim, as are the people who sponsor them!

This year's sponsored swim will take place on Monday 23rd & Thursday 26<sup>th</sup> March 2020. Our members have chosen 'East Lothian Young Carers' as this year's charity of choice. There are around 2,200 young carers in East Lothian, aged 5 to 24, and this service gives young carers the opportunity to enjoy their childhood alongside their carer role, helping them meet friends, have fun and take a break from their responsibilities.

Swimmers from our senior session 3 group will be invited to compete in a sponsored Try-Athlon later in the year so they do not have to participate in the sponsored swim, but they are welcome to come along and swim on one of the nights if they wish.

All swimmers will receive a certificate and badge for the distance they swim. The coaches will be on hand to ensure everyone has fun and achieves their full potential.

## **There are some rules for swimmers to be aware of when taking part:**

1. Prior to starting your swim make sure you have been to the toilet. If you get out of the pool, you cannot get back in!
2. Swimmers are not allowed to place their feet on the bottom of the pool during their swim.
3. Swimmers are not allowed to stop at either end of the pool for a rest.
4. You can change stroke at any time.
5. If you intend to swim a lot of lengths (more than 50) you should be at the pool to start your sponsored swim during 1<sup>st</sup> or 2<sup>nd</sup> session. This will allow sufficient time for you to complete your sponsored swim in good time.
6. You can swim on both days, however, only one of your swims will count.
7. Parent volunteers will be needed to help count lengths and encourage the children so please come along and offer your support.
8. All money and sponsor forms should be handed into the desk on any club night before Thursday 30<sup>th</sup> April 2020.
9. Remember it's a fun challenge so enjoy it!

## **Collecting donations**

You don't have to raise sponsorship in order to take part in the sponsored swim but if you are able to, these can be collected as cash donations or done online. The online link will be shared via email and through our Facebook page. Online donations will attract tax relief if you are a UK taxpayer which raises more for the charity.

All money raised will be donated to 'East Lothian Young Carers'  
All sponsorship money should be collected by Thursday 30<sup>th</sup> April 2020

