



**The Rotary Club Of
South Woodham Ferrers
Swimarathon 2011**
www.swfswimarathon.co.uk



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TEAM NAME:

SWIMMER NAME:

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GUIDANCE FOR SWIMMERS

1. The swim will take place at the SWF Leisure Centre, between 6.00 pm to 9.00 pm. on Friday 11th March, 1 pm to 6 pm on Saturday 20th March and 1 pm to 6 pm on Sunday 21st March 2009.
2. Please report to the Pool reception at least 40 minutes before your swim time.
3. Teams of up to six members, swim lengths one after another in 55 minutes, with only one member of the team swimming at a time. (A team of average swimmers may well complete 100 lengths in 55 minutes.)
4. Monies raised will go to the Rotary Club of South Woodham Ferrers' Charitable Trust and then allocated to **deserving projects for the caring community of South Woodham Ferrers**. In recognition of the effort made by **the teams** we are proposing to donate 25% of the sum raised to the teams own registered named charity. Please help us to raise a worthwhile amount of money.
5. Please ask sponsors to sponsor the team for a fixed amount.
6. **If your sponsor is an adult, it is likely that they are taxpayers. In which case make sure you write their NAME, & ADDRESS clearly and get them to tick your sponsor form in the Gift Aid box. This makes their sponsorship worth 25% more. One average this adds almost £2,000 to the TOTAL.**
7. If you require additional sponsorship forms please ask your Team Captain.
8. **Properly completed SPONSORSHIP FORMS should be handed to your Team Captain, who will hand them in at the Organiser's Desk before your swim.**
9. The sponsorship forms will be checked, officially stamped, and returned to you by your team Captain after your swim. Swimmers will be responsible for obtaining the pledged sums of money from their sponsors, which should be handed over to your Team Captain.
10. Please collect and return money to your captain by the middle of April 2010.
11. Captains should return the Team's forms and money to the Swimarathon Treasurer by end of April 2010.

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| <p><u>If under 14</u></p> <p>To be signed by parent / guardian</p> <p>Permission to:</p> <p>1- Swim? Y/ N</p> <p>2- Team photograph? Y/ N</p> <p>3- Photo to be used in Focus? Y/ N</p> <p>Signature:</p> <p>Name:</p> <p>Capacity: Parent / Guardian.</p> |
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