

ARE YOU READY FOR THE SWINDON DOLPHIN CHALLENGE, MONDAY, 28TH MAY 2007?

My name is Liam Herbert, I am 13 years old and I swim for Swindon Dolphin in the Olympic Squad. Having read about swimmer Otto Putland's 'Challenge' in the Aqua Zone Magazine, I decided to take up his challenge to swimmers to raise money for the Teenage Cancer Trust.

Otto had heard about the plight of 13 year old swimmer, Laurie Engel, who had cancer and so decided to raise funds for Teenage Cancer Trust Hospital Units. More information on Otto's Challenge and the Teenage Cancer Trust are available at www.ottoschallenge.co.uk and www.teenagecancertrust.org

My 17 year old brother, Luke was a swimmer with Swindon Dolphin until he became ill with cancer two years ago. He has also had support from the Teenage Cancer Trust. And so Swindon Dolphin Executive Committee agreed to support the Otto Challenge - to try to raise at least £1000 by 22nd September 2007. We have already raised £500 at the recent Wiltshire BAGCAT gala.

Can you take up the challenge and help us? We want to involve everyone in the club either through swimming or helping out. So our swimming challenge is:

WHAT?

As **part of a team of 5, complete 5000m in the fastest time possible.** This will be swum as a 50 X 100m freestyle relay, with swimmers continuously rotating through their team until each swimmer has completed 10 X 100m swims, thereby completing 5000m between them.

WHAT DO I DO NEXT?

Complete the tear off slip attached. You need to let us know if you and / or your child can swim on the day and / or if you can help. Pick a time(s) in the day when you can come, and give us a second choice time. **Put the tear off slip in one of the boxes at the sweet counter or Bridget's information desk or just email:** deborah.southern@ntlworld.com **DEADLINE: 6th May 2007.**

THEN WHAT HAPPENS?

Your child will be allocated to a team and given a time to turn up. The teams will have swimmers of different abilities from across the squads and Swim Channel. You will be sent the team you are in and the time to attend, along with a sponsor form. We ask that you try to raise at least **£15 sponsor money** before the event. **We then hope to raise a target of £3000!**

BUT I CAN'T SWIM THAT DISTANCE!

Don't worry, anyone at Level 1 – 6 swimming ability will be able to use **swim aids (floats, arm bands)** and the most experienced swimmer from each team will be the selected Team Manager; they will take over some of your swim distance if you can't complete it all.

There will be prizes for the fastest (and slowest!) swims and lots of events on the day. You can stay as long as you like and your team can **enter as many times** as they like. If you just want to help on the day, then you can be involved in fundraising pool side or helping with recording or officiating. **This is the chance to give that timekeeping a go (stop watches provided).** So please help to make the day a successful one and support **YOUR CLUB.**

Swimmers Names and Squad:

Preferred Swim Time* + Second Choice

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YES, I can help on the day

*Session Times:

6.00 – 9.00 am; 9.00 – 12 noon

12.00 – 3.00 pm; 3.00 – 6.00 pm