



### Swim-A-Thon Overview

Date: Sunday, July 6, 2025

Time: 7:30am-10:30am

Place: Olney Mill Swim Club



What is a Swim-A-Thon? It's a fun and easy way to raise money for our team and selected charities, The Leukemia and Lymphoma Society and Olney Help. Prior to July 6<sup>th</sup>, Swimmers should ask family, friends, neighbors, businesses, etc. to sponsor them by requesting that they either pledge money per length or make a flat donation. On the day of the event, Swimmers will then swim as many lengths as they can in 25-minutes. Then following the event, swimmers will reach back out to their sponsors to collect their donations.

Registration: Visit the OMST website and note that you will be participating in the fundraiser under the "Swim-A-Thon" entry on the Events Page or call/text/email Erin Horbal at 410-703-4700 or [ejones2766@gmail.com](mailto:ejones2766@gmail.com). **We encourage all swimmers to register** so we can have an accurate headcount and assign individuals to specific time slots and lanes.

Organizer: Erin Horbal, OMST B Rep, 410-703-4700 or [ejones2766@gmail.com](mailto:ejones2766@gmail.com)

### Fundraising Steps:

1. All swimmers are provided a support letter template (available on the website) and pledge sheet (attached). Note: The template is meant to be used as an example that swimmers can use when drafting emails or sending out letters. It is only a suggestion, and you can feel free to disregard, if desired.
2. Each swimmer will reach out to potential sponsors (family, friends, neighbors, etc.) either in-person, by mailing or emailing the provided support letter, calling, and/or texting to see if they will be willing to sponsor them at their upcoming Swim-A-Thon. Swimmers should let sponsors know the following:
  - That the fundraiser will support their swim team, The Leukemia and Lymphoma Society, and Olney Help.
  - That they have the option to provide a flat donation (i.e., \$10 for your swim), which they can provide prior to the event, if desired, or pledge a certain amount per lap (i.e., \$1 per lap).
3. During the event, count how many laps you can complete in 25-minutes and then record that number on your pledge sheet.
4. Reach back out to your sponsors to collect their donations. Donations can be provided in the form of cash or check made out to Olney Mill Swim Team. **All donations are due to Erin Horbal or a parent rep by the B Meet on July 16<sup>th</sup>.** If this is issue, please reach out to Erin Horbal (410-703-4700) to arrange pick-up.

#### Day of the Event:

1. The Swim-A-Thon takes place on July 6<sup>th</sup> and three hours (8:00am-10:30am) have been set aside for the fundraiser.
2. The three hours will be divided up into 5–30-minute sessions (25-minutes set aside for the swim and 5-minutes to prepare for the next group to go). For now, the groups will be divided up as follows **(these may be changed depending upon the number of registrations)**:
  - Group 1: 8:00am-8:30am (Ages: 13-18)
  - Group 2: 8:30am-9:00am (Ages: 13-18)
  - Group 3: 9:00am-9:30am (Ages: 11-12)
  - Group 4: 9:30am-10:00am (Ages: 9-10)
  - Group 5: 10:00am-10:30am (Ages: 8u)

NOTE: We are asking that the older swimmers assist the younger age groups in the pool or with counting laps. Serve hours will be provided!

3. Each swimmer will be assigned a lane and the Clerk of Course will assist with ensuring swimmers are lined up for their sessions.
4. At the completion of the 25-minutes, swimmers will be asked to leave the pool to allow time for the next group to prepare to start.
5. Swimmers will record the number of laps they completed on their pledge sheet.

#### Additional Information:

- There will be concessions for sale on the day of the event. We are also arranging to have a food truck onsite.
- If you can volunteer, please visit the OMST website and select your job under the “Swim-A-Thon” entry on the Events Page. We will need lap counters (ideally one or two at the end of each lane), concessions (2), Clerk of Course, and older swimmers to provide in-water support to the younger swimmers, if needed. The older swimmers can earn service hours too!
- If your child is unable to attend and would still like to participate, they can easily complete their laps in the lap lane at the pool at any time during pool hours (I am happy to meet up with them at the pool if they would like someone there to count their laps).
- **If you cannot make the event but would like to make a tax-deductible donation to The Leukemia and Lymphoma Society or Olney Help, please visit [www.lls.org](http://www.lls.org) or [www.olneyhelp.org](http://www.olneyhelp.org)**

#### Charity Information:

**The Leukemia and Lymphoma Society** – Dedicated to curing leukemia, lymphoma, myeloma, and other blood cancers, LLS is the world's largest voluntary (nonprofit) health organization dedicated to funding blood cancer research and providing education and patient services.

**Olney Help** – is a 501(c)(3) nonprofit organization that provides emergency food and financial assistance to individuals and families in Olney, Sandy Spring, Ashton, Brinklow, and Brookeville MD. We have a 56-year history in the local community and have long been counted on to provide emergency food and financial assistance or referrals to anyone who requests it. Our two primary programs to assist area

residents are the Emergency Financial Assistance Program and the Emergency Food Program Mission Statement.