

Dive into Giving with SFST's Swim-a-thon for Upstate Splash on June 18th!

Join us in making waves for a great cause! SFST is proud to host a swim-a-thon dedicated to supporting [Upstate Splash](#), an organization committed to preventing childhood drowning. Every stroke you swim and every dollar you raise will contribute directly to this life-saving mission.

RSVP by June 16th to join the fun! Make sure to RSVP so we can count you in and designate teams and lanes

Team Formation

- Two spirited teams will be led by our senior coaches: **Team Cam** and **Team Gracie**.
- Teams will be formed to ensure an equal number of participants in the two age groups: 10 and under, and 11 and up, on each team
- Daily, we'll place RSVP'd swimmers onto their teams, kickstarting the fundraising excitement!

Fundraising

- Rally support from family and friends on the [SFST website](#) for your team- either Team Cam or Team Gracie
- Supporters can pledge donations in \$15 increments (\$0.50 per lap), based on each swimmer completing 30 laps
- Make sure they select the correct team and use the personalization to enter your swimmer's name so your swimmer gets the credit!

Rules of the Swim-a-thon

- The event will take place during regular practice time
 - **10&unders:** be ready by 3:50 PM to swim from 4PM - 5PM
 - **11&ups:** arrive by 4:50 PM to swim from 5 PM - 6 PM
- You have 1 hour (your practice time) to complete as many laps as you can. Pledges will be collected for up to 30 laps, but feel free to surpass that goal!
 - Coaches Cam and Gracie will keep a tally of laps for their team members
- Keep swimming continuously, unless you're resting at the wall or need a restroom break. Stay in the water and keep going!

Exciting Prizes!!!

- **Sweet Reward:** Swimmers who raises \$60 and complete 30 laps will enjoy a delicious ice cream treat post-swim-a-thon!
- **Pie the Coach:** The highest fundraiser in each age group (10U and 11+) will have the honor of throwing a pie in the face of a Team Coach (Cam or Gracie)!
- **Pizza Party:** The team with the most funds raised will enjoy a pizza party on June 19th during the afternoon practice!

Let's come together to support Upstate Splash and help keep our children safe. Your participation means the world to us and the families that will benefit from these efforts.