



Belper Marlin



MARLIN MEGA SWIM 3th MARCH



It is that time of year again when we hold the Marlin's One Hour Mega Swim which is an opportunity for your child to gain swimming distance badges and at the same time raise money for worthy causes. Over the past couple of years we have raised money for the many local charities. This year we are aiming to contribute to The Claire Fund, at the Royal Derby Hospital, which is part of KITE. This charity funds a team of specialist nurses who care for children and young people with long-term conditions that require extra care and support, enabling them to be nursed at home.

Our MEGA SWIM will take place on Sunday 3rd March. All sessions on the evening will be used - children will swim for one hour in their usual lanes. They will be trying to swim as far as possible in their one hour. Swimmers have the opportunity to claim A.S.A Rainbow Distance Badges if they wish for 400m, 600m, 800m, 1000m, 1 mile, 1500m, 2000m, 3000m, 4000m and 5000m or simply swim for the challenge.

THE SWIMMERS:

- Because one hour is a long time to swim you bring your drinks bottle and leave it on the edge of your lane at the deep end of the pool.
- You will only be allowed to stop for a quick drink but you will not be allowed to stop at the shallow end.
- You will start off in your usual lane, the starting signal will be by a whistle at five second intervals.
- You may swim any stroke and change strokes when you want so long as you keep swimming. If a swimmer stops for longer than necessary or leaves the water that will be the end of the swim for that person.
- Any budding champion may elect to go for a club record at 400m, 800 or 1500m or even all three. Any swimmer trying for a record must have **two people** timekeeping for them and must let the coaches know prior to the event day.
- **Etiquette** needs to be evident in all lanes - **children need to pass safely within the lanes as it is not a race** and we need to support each other to achieve our best.

MUMS & DADS :

Each swimmer must have a responsible person with them to count how far the child swims. A tick marking sheet will be provided on the day but you must bring a clip board and pen/pencil with you and have suitable foot ware for the poolside. After the event use the slip to order the badges by giving it and the money to Ann Warburton or your coach (deadline 31st March)

Name Distance Swam Date 3/3/19

Sponsor	Donation for Achievement	Paid
Mrs Example	£1	✓
Total Donated		

Distances to aim for in the hour are:

400m, 600m, 800m, 1000m, 1 mile, 1500m, 2000m, 3000m, 4000m, 5000m

Remember you must bring an adult that can spur you on and tick the sheet!

Sponsorship money:

Once the money has been collected please hand it in a named and labelled envelope to one of the coaches.

Badges: These are ordered and paid for through Ann Warburton. Hand the slip to her with the money on the evening after the event. Each badge will cost you £2.50 and you can order either the furthest distance achieved badge or any up to the maximum distance your child swims. Order deadline is Sunday 31st March.