



**Swim for Life** - Mary Stahl [marycranberry@comcast.net](mailto:marycranberry@comcast.net) Nyah Stahl [nyahestahl@gmail.com](mailto:nyahestahl@gmail.com) - Swim for Life, 24 hour relay, is our second big fundraiser for our team. Our team keeps 80% of the profits and 20% of the profits are donated to the American Heart Association. We chose the AHA because one of our swimmers, Danielle Shaeffer, died in 2008 during her high school swim practice from a cardiac event. Mary Stahl also experienced sudden cardiac arrest and is only alive today because two people on the scene performed CPR.

- Swim for Life will begin at 10am on September 1st and end on September 2nd at 10am.
- Swim for Life serves three purposes: Fundraiser, Team Bonding, and awareness/training for heart issues.
- Senior swimmer Nyah Stahl will be taking the lead with Swim for Life this year because Mary will be out of town.
- Please register your swimmer early. NO swimmer should be signing up for their 30 minute swimming slots until they are registered for the event.
- For those new to the team or new to the event, Swim for Life is a 24 hour relay where our swimmers sign up for 30 minute time slots. During each 30 minute time slot, a group of swimmers take turns swimming laps so that we have one swimmer in the water at all times during the entire event.
- When kids are not swimming, there are activities to do. There will be adult supervision at all times during the event.
- In the sleeping area, boys and girls are separated and there is an adult supervising the sleeping area at all times.
- Swimmers will be provided three meals and plenty of snacks during the event.
- Swimmers will also be encouraged to take CPR while at Swm for Life.
- Prizes are awarded for the top fundraiser. Prizes are also awarded during the event.
- If you know of a business that you think would be interested in donating gift cards, food, or prizes please let Mary or Nyah know.
- Parent volunteers will be needed throughout the event.
- Mary recommends using both Facebook and email to solicit monetary donations for your swimmer. When you register you will be able to send out the link to your child's fundraising page. Please encourage your swimmer to help in getting donations.
- There is no minimum donation needed for your swimmer to participate. Those swimmers that raise 150.00 or more will receive the coveted Swim for Life towel.