The Thirteenth Annual AS&T Swim-a-thon!!

This year we will be swimming in support of Annandale Christian Community for Action otherwise known as ACCA. This is an organization located on Columbia Pike in Annandale that provides many services to needy families in our area. We will be swimming to raise money for the food bank that ACCA operates. At the same time we are going to hold our own **food drive at AS &T 7-13 July** to collect non-perishable food items to take to the ACCA food pantry on Columbia Pike.

The swim-a-thon will be held on Thursday, July 11, 2013 at our pool during what would normally be morning practice, from 8am-10:30am. Swimmers sign up in advance and get sponsors and on the day of the swim-a-thon show up and swim their laps for ACCA. After they are done swimming the kids are treated to a breakfast donated by the parents to thank them for their efforts. **The cost for the registration is $13 a swimmer (make checks out to AST).** The swimmers will receive an event T-shirt, breakfast and prizes will be awarded at the swim and dive banquet for swimmers who raise the most money and spend the most time in the water. Swimmers may be sponsored by the lap (you must keep track of your own laps) or with a flat donation. Keep in mind that our swimmers swim an hour to an hour and a half every day and they are capable of swimming a lot of laps, 100 laps is a common goal for them. If your swimmer can’t make it to morning practice they may swim their laps at another time. Swim-a-thon participants do not have to be members of the swim team, any pool member may participate. In order to get our shirts on time we must have registration completed by July 3, 2013. Mrs. Nary (Gracie and Colleen’s mom) is the person coordinating this event. Please see her for a registration form and donation envelope.

Join us for the Swim-a-thon!! It is a fun event!!

Swimmer’s name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

T-Shirt size (Circle one):

Youth Medium Youth Large Adult Small

Adult Medium Adult Large AXL 2XL

Swim so Others Might Eat