



2023 SWIMMER'S PACKET

**Nassau Suffolk Long Island
SOUND TO COVE Swim**

Pryibil Park Beach, Glen Cove

10K, 5K, 1 Mile, ½ Mile and Family Fun Swims

JULY 30, 2023



SAA Nassau Suffolk, Long Island

Executive Committee

Gerry Oakes (Founder, NS LI Chapter)
Kevin Shine (STC Co-Chair)
Joe Stanco (STC Co-Chair)
Maureen McAdam (Pool Events)
Lisa Baumann
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Daniel Cavallo, III
Steve Chestler
John Coyle
Cathy Crofts
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Gary Lehman
Diana Leondis
Ellen Leondis
Tony Leondis
Eileen Liddy
Caitlin (Marinero) Malone
Rob Ripp
John Rittenhouse
Julie Sheehan
Jim Sirignano
Alexa Stanco
Joe and Vickie Stanco
Paul Van Valkenburg

STC 2023 Team Captains

DAD'S AQUATIC WARRIORS

Suzanne Sullivan

IMAGINE A WORLD WITHOUT CANCER

Trish Burr-Peters

KPMG NEW YORK

Lauren Afflixio Kuchler

NU-FINMEN ALUMNI

Vanessa Wilcox

OUR ANSWER TO CANCER

Jim Sirignano

TEAM AMPHENOL

Dan Kennedy

TEAM CAROLYN

Steven Chestler

TEAM CHEN

Henry Chen

TEAM GEICO

Morgan MacKay

TEAM HOPE

Mike Ford

TEAM KONG

Kong Soe

TEAM STACEY

Diana Leondis Riso

TRI-ING TO BEAT CANCER

Conor Kelly



Summer 2023

Dear Swimmers and Volunteers,

The SAA family prays that you and your families are safe and healthy and we thank you for your participation and support in 2022!

On **Sunday, July 30th**, we will hold our 22nd Annual "Sound to Cove" Open Water swim at beautiful Prybil Park Beach in Glen Cove, NY. In addition, we will host several other pool and club swims throughout the summer here on Long Island in support of Swim Across America. **Since 2001, our swimmers, volunteers and local corporate sponsors have raised over \$12 million** in the fight against cancer.

Here on Long Island, we support world-class research institutions that are helping cancer patients and their families locally and across the globe. Our Beneficiaries Include: **Memorial Sloan Kettering Cancer Center's** Swim Across America Research Laboratory, **Cold Spring Harbor Laboratory**, University of TEXAS **MD Anderson Children's Cancer Hospital** (The Stacey Leondis Fellowship), Northwell Health: **The Feinstein Institute for Medical Research, Weill Cornell Medicine** (The Sandra and Edward Meyer Cancer Center), and **SHARE** Cancer Support.

Since 2001, Over 81% of ALL donations made by our swimmers, volunteers and sponsors have gone directly to our beneficiaries.

We are a completely volunteer organization here on Long Island, and we take pride in enabling our donors to have a direct impact in the fight against cancer.

In this "swimmers' packet" is all of the information you will need to prepare for your Swim. You can also visit our website for the most up to date information: <https://www.swimacrossamerica.org/NS>

Contents of the Swimmer's Packet:

1. Directions to Prybil Beach Park
2. Event Timeline
3. Day of Event Waiver
4. Swimmer Guidelines, Safety Instructions and Preparedness
5. Swim Course Maps
6. Fundraising Instructions
7. Fundraising Sample Letter
8. Donor Tracking Form
9. Donation Form

We look forward to seeing you on July 30th !

Thank you again for your interest and support for SAA!

Sincerely,
SAA-Nassau Suffolk, Long Island Committee



SWIM ACROSS AMERICA NASSAU SUFFOLK, LONG ISLAND

Location: Pryibil Beach is a spectacular facility in the City of Glen Cove, on the North Shore of Nassau County, at the northeast corner of Hempstead Harbor, facing Long Island Sound.

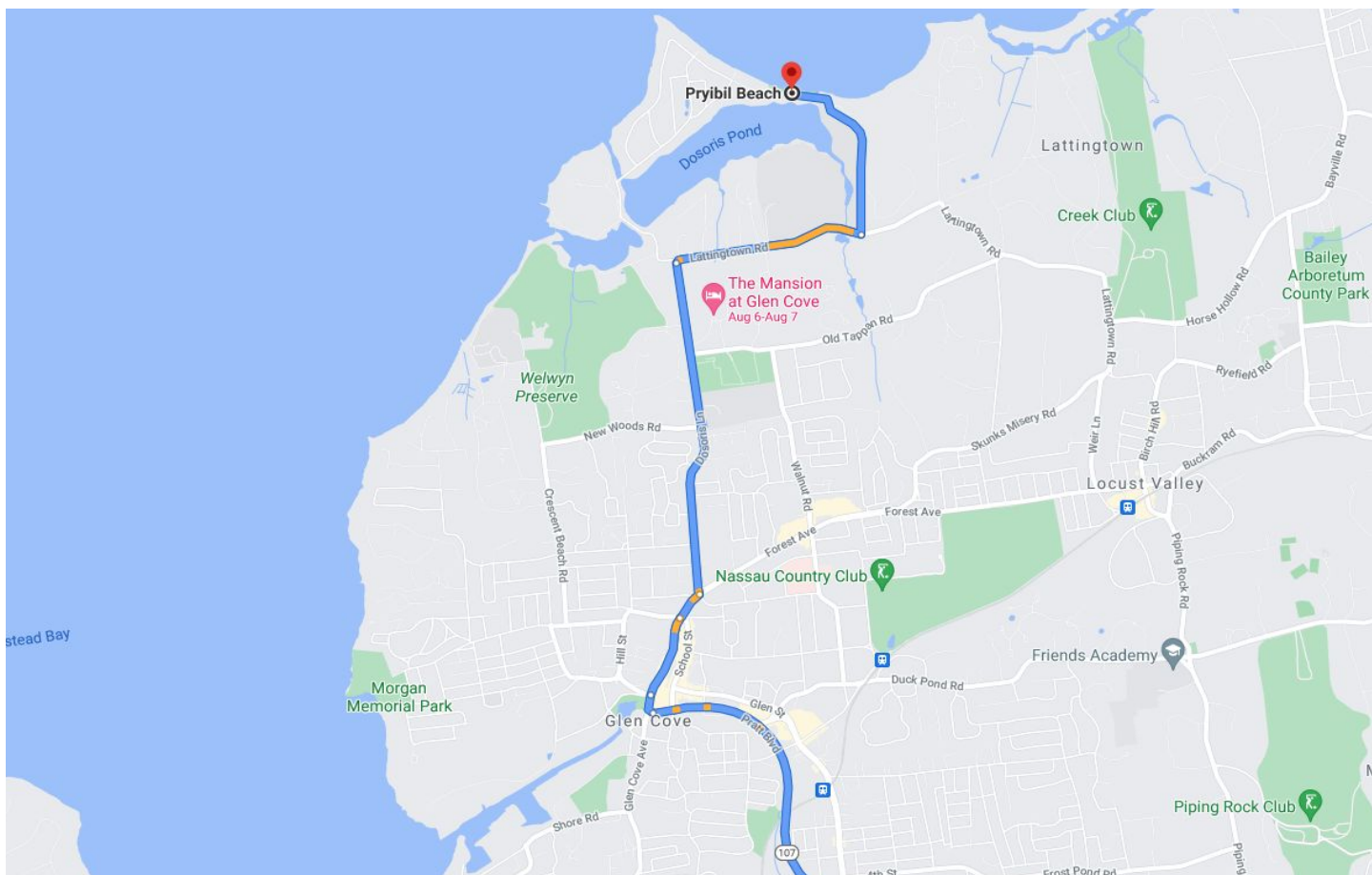
Directions to Pryibil Beach Park

For Door-to-Door Directions, you can use, <http://maps.google.com/>



Address: Pryibil Beach , Glen Cove, NY

Direct Link : <https://goo.gl/maps/5qsA4t9RUGD7apGh7>

From both East and West, take Exit 39 off the Long Island Expressway, and follow Glen Cove Road north. After approximately 1.75 miles, you will cross Rt. 25A (Northern Blvd). Continue North approximately 2 miles and Glen Cove Road merges with Rt. 107. Take Rt. 107 to the end (Glen Cove Fire Station). Make a right on Glen Cove Ave./Brewster Street. Continue onto Brewster St. 0.3 miles. Continue onto School St 0.1 miles, Turn left onto Dosoris Ln 1.3 Miles, and turn right onto Lattingtown Rd 0.7 miles. Finally, turn left onto E Beach Dr, and follow that to the entrance of Pryibil Beach.



ALL SWIMS START ON PRYIBIL BEACH

5:00-7:00 am	SAA Village Registration and Check-in (Pryibil Beach Pavillion)
5:00 am	Safety Team Arrives
5:30 am	Volunteers Arrive (Check-in and ready for swimmer arrivals)
5:45 am	Water/Land Volunteer Meeting and Assignments (Pryibil Beach Pavillion)
6:00-7:00 am	Swimmers Arrive to Check-in
6:30 am	10K Swim Brief (Pryibil Beach)
6:45 am	10K Swim Start (Pryibil Beach with kayaker and JetSki with 2 operators)
 7:00 am	Water Safety Meeting MANDATORY FOR ALL (Pryibil Beach, Finish Arch) <i>(water volunteers, lifeguards, first responders, kayakers and angel swimmers)</i>
7:15 am	 ALL Gather for Pre-Swim Program and National Anthem (Pryibil Beach)
7:30 am	5K Swim Briefing (Pryibil Beach)
7:45 am	5K Swim Start (Pryibil Beach)
8:15 am	1 Mile Swim Briefing (Pryibil Beach)
8:30 am	1 Mile Swim Start (Pryibil Beach)
8:35 am	1/2 Mile Swim Briefing (Pryibil Beach)
8:50 am	1/2 Mile Swim Start (Pryibil Beach)
9:00-9:30 am	Family Fun Swim (Pryibil Beach)
10:00 am	ALL SWIMMERS OUT OF WATER
Post-Swim	Brief Program Following the Swim

Water Safety		Land Volunteers	
Arrival and Check-in	5:45 am	Arrival and Check-in	5:30 am
Mandatory Safety Brief	7:00 am	Assignments	5:45 am

	10K	5K	1 MILE	1/2 MILE	FAMILY SWIM
	Wave 1	Wave 2	Wave 3	Wave 4	
Cap Colors (example)	White	Orange	Green	Yellow	
Swimmer #s	1-9	10-99	100-299	300-400	
Check-In	5:30-6:00 am	6:00-7:00 am	6:00-7:00 am	6:00-7:00 am	
Swim Brief on Beach	6:30 am	7:30 am	8:15 am	8:35 am	
Swim Start	6:45 am	7:45 am	8:30 am	8:50 am	9:00 am



SWIM ACROSS AMERICA, INC. WAIVER FORM AND EMERGENCY INFORMATION

SWIMMER NUMBER

**READ THIS FORM CAREFULLY BEFORE SIGNING THE ACKNOWLEDGMENT, WAIVER AND RELEASE FROM LIABILITY ("AWRL").
THIS FORM MUST BE PRESENTED AT THE CHECK-IN TABLE THE DAY OF THE EVENT, IF NOT SUBMITTED PRIOR.**

I, the undersigned volunteer, participant or parent or legal guardian if participant or volunteer is under age 18 (collectively referred to hereinafter as "Participant" or "I"), intending to be legally bound, do hereby understand and agree that volunteering, participating or swimming in the conditions involved with this Event (including training and participation in the Event) is rigorous activity that involves risks including, but not limited to: weather and water conditions, interaction and/or collision with other people and/or things in the water, and other hazardous and/or life-threatening conditions. By signing this Release Agreement below, Participant or Volunteer assumes any and all risks of injury and/or damages that may occur as a result of such participation in the Event, including Covid-19. Exposure to COVID-19 is an inherent risk in any public location where people are present. Swim Across America cannot guarantee you will not be exposed during your participation. On my behalf, I hereby release, covenant not to sue, discharge, and hold harmless Swim Across America and their employees, contractors, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating to COVID-19. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of Swim Across America and their employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any Activities. By signing this Release Agreement below, I certify the Volunteer and Participant is physically able, has not been informed otherwise by a physician and has adequately trained to participate in this Event. I acknowledge that I am aware of the risks inherent in open water swimming and swimming in a pool (including those listed above) which could result in permanent disability or death, and I agree to assume all of those risks. I further certify that it is Participant's responsibility to dress appropriately for this event, and Participant is solely responsible for Participant's health and safety. In consideration of my participation in the Event, and/or any activities incident thereto, I, for myself and my heirs, executors and administrators, hereby release and discharge from liability Swim Across America, Swim Across America's chosen beneficiaries and all of SAAs officers, board members, employees, volunteers and agents, and the host facilities, vendors, corporate sponsors, and other individuals assisting with the Event or related activities (the "Released Parties") and waive any and all rights to claims for loss or damages or rights of current or future action, including all claims for loss or damages against the Released Parties. By signing below, Participant or Volunteer agrees to indemnify, defend and hold harmless the Released Parties from and against all claims, demands, causes of action, damages and expenses (including reasonable attorney's fees) related to the Event. I grant Swim Across America and its affiliated agents permission to use my name and/or likeness in any medium, including the right to use any photographs and/or video taken by photographers/film crews for any purpose including advertising, publicity and promotions. Any rights thereto shall remain the property of Swim Across America. By signing below, I certify that the participant or volunteer is not currently required to quarantine for COVID-19 or COVID-19 related symptoms. To the best of my knowledge, I have not been exposed to COVID-19 that would require me to quarantine. If you are sick or experiencing any Covid related symptoms, we ask that you refrain from entering the event area and seek medical attention immediately.

SAA NS Sound-To-Cove Open Water Swim: 07/30/23

Event Name and DATE

PARTICIPANT TYPE	
PRINTED NAME OF PARTICIPANT	PARENT/GUARDIAN NAME (If participant is under 18 years old)
SIGNATURE OF PARTICIPANT	PARENT/GUARDIAN SIGNATURE (If participant is under 18 years old)
ADDRESS (Street, City, State, Zip)	
PHONE	EMAIL
EMERGENCY CONTACT INFORMATION	
NAME	PHONE

□ REGISTRATION

- All swimmers are required to **sign a waiver at Registration check-in.**
- **Swimmers under 18 years of age MUST have a parent/guardian sign your waiver.**
We recommend that you print the waiver IN ADVANCE to have a parent/guardian fill out, sign, and bring with you to Registration check-in.
- **Online registration available at www.swimacrossamerica/ns**
 - Online registration closes Thursday, July 27th at noon EST.
- **Day-of-Event Registrations**
 - The **minimum fundraising** level for each distance will be required upon registration.
 - Day-of-Event Registrations **will not be allowed after 7:00 AM.**
 - There will be **no Day-of-Event 5K or 10K registrations permitted.**
 - Please **arrive at least 1.5 hours prior to your selected distance swim start** to register.

□ WHAT TO BRING

- **Donations:** Please bring a sealed envelope with your collected check/cash donations, along with your sponsor tracking sheet to present at Registration Check-in. Note your name and the amount on the front of the envelope. We also accept credit card donations.
- **WAIVER:** Print at home or fill out onsite. Ensure that the waiver is LEGIBLE and COMPLETE.
 - If you are under 18, your legal guardian must sign your waiver.
 - [Click here for waiver form](#) or see the Waiver form included in this packet
- **Additional items:** Directions, swimsuit, swimming rash-guard or appropriate wetsuit (permitted, but NOT required), 2 pair of goggles (just in case), Vaseline or BodyGlide (for under the arms, neck area), sunscreen, folding chair or blanket (if desired), and a smile!
- **Personal belongings:** Please be sure to store any personal belongings in your car, or give to a family member for safekeeping while you swim.

□ WHAT'S AVAILABLE?

- For Swimmers, SAA will have fruit, juices, bagels and other snacks available prior to the swim.
- SAA will provide water and a beach towel to all swimmers at the finish.
 - Please plan to remain at or near the finish and cheer your fellow swimmers on!
- Outdoor showers will be available at the beach.
- There will be a **brief celebration ceremony after the swim is complete and all of the swimmers safely complete their swim and are checked-out.**
- This will include a **post-swim brunch for all participants and spectators.**
- We will also schedule a virtual closing ceremony late in the year to get a research status update directly from our beneficiaries, and to review our final fundraising impact!

Water Safety is our Top Priority at all SAA Events

We ask that you comply with SAA safety procedures* and personnel

- **All Swimmers are advised to properly prepare, and are required to adhere to all safety instructions and protocols.**
 - **See the “Swimmer Event Preparation” section in this Swimmers Packet** for guidelines and recommendations on properly planning for an open water swim.
 - All 10K swimmers will be interviewed by Event Safety personnel prior to the event to ensure they are ready and properly training for the rigors of the long distant event.
- Event-day “walk-on” registrations will be interviewed at the check-in desk by the SAA Team. Event-Day registration is only available for ½ and 1-Mile Swims.
- All swimmers are required to **wear the safety chip distributed at check-in.**
- All swimmers must **wear the cap assigned at registration.**
- All swimmers must be **body-marked clearly with swimmer # on their cap, and/or arm or hand.**
- If a swimmer decides to exit the water onto a boat/Jet-ski on his/her own accord, or if a swimmer is removed from the water by Swim Across America personnel for any reason, that swimmer will not be allowed to re-enter the water. ALL swimmers must adhere to the discretion of SAA safety personnel.

****Swim Across America reserves the right to remove or move a swimmer to a position along the course via approved safety methods and personnel as determined appropriate, or make any other operational changes thereof. All swimmers must follow the directions of SAA personnel. Noncompliance may endanger the participant or others, and may make the participant ineligible to participate in future Swim Across America events.***

- All swimmers are **required to properly check-out once exiting the water by crossing the timing chip mat, and providing their swimmer # to the check-out table on the beach. In addition, please return your safety chip at the check-out table.** SAA needs to ensure that ALL Swimmers are properly accounted for after the event.
- Spectators are not permitted inside the start/finish chute unless otherwise approved.

□ WATER, TEMPERATURE, WETSUITS AND POLICIES

- **Water Temperature:** Expected Long Island Sound water temperature is in the low 70's.
- **Wetsuits:** Wetsuits are permitted, but NOT required
 - SAA strongly encourages swimmers to choose an open water swimming / triathlon specific wetsuit over a general water sports wetsuit. Participants should practice swimming in a supervised open water test swim prior to event day with their anticipated swimsuit and/or wetsuit.
- **Equipment:**
 - Goggles: Tinted goggles are recommended, given the bright morning sun.
 - **Music players while swimming are not allowed** on the course at any time. This is to ensure all swimmers can hear any horns or safety instructions from the safety personnel

- **SAA Policies:** Follow the link for more information on weather, equipment, water temperatures, etc.
- **Inclement Weather Policy:**
 - Due to the nature of open water swimming events taking place outdoors, safety concerns, including inclement weather, can necessitate a change to the original event plan. In the event of adverse weather conditions, the Event and Safety Directors, in conjunction with SAA National, local safety entities and/or law enforcement, may delay the event, modify the course, cancel the event, or move venue location. If safety concerns necessitate a change to the original event plan, Swim Across America will promptly notify participants via the event website, email and social media. In the event of inclement weather, contingencies may include delay of start time, altering the course, or moving indoors.
 - **In the event that the weather prevents us from holding the event outdoors on July 30th** the swim will be **relocated to the NCAC (Nassau County Aquatic Center)**
 - We will update the website at approximately 9:00 pm on Saturday, July 29th in the case of any event changes.

□ REVIEW EVENT INFORMATION

- Thoroughly review the event website and all SAA communications, including the details provided in the “2022 Pryibil Beach SAA Nassau Suffolk Swimmer's Packet” - found on the main [Sound To Cove Event Webpage](#) , under the “Swimmer Information and Requirements” dropdown
- Familiarize yourself with the location of your selected swim site, including water temperatures, and any equipment that you may need for a safe and fun swim! This information is noted in the Swimmer Packet.

□ EQUIPMENT

- Make sure you’ve selected properly fitting gear, including swimsuits, swim skins, wetsuits, rash guards, etc. and that they are suitable for open water swimming.
- If you plan to use a swim shirt, rash-guard or wetsuit in your open water event, then make sure you use it in your training, both in the pool and in open water. Do NOT use it for the first time at the event, as it can be a significantly different experience.
- Familiarize yourself with SAA Equipment and Water Temperature information.
 - Typically, Long Island Sound water temperatures in late July are in the Low to Mid-70s. Wetsuits are not required, especially for the shorter swim distances (e.g. 1 Mile or less)
- Practice in your gear and remember not to add anything new on event day! You should be familiar with ALL equipment you use during your swim (e.g. goggles, cap, ear plugs, etc.)

□ GET CHECKED OUT!

As a participant in physical activity, you should take the proper steps to assess your health with your physician. This includes a physical exam as well as an assessment of your family history and personal heart health.

□ PROPER PREPAREDNESS

- Train to your distance, including pool and some open water practice.
- Prepare yourself for open water conditions. Event day should not be your first open water swim, so make sure you get several practice swims in open water prior to event day. Participate in open water clinics offered by a professional in your area, preferably in the location of your upcoming swim event.
- When choosing an open water venue, always be careful to swim with a swim-buddy or an accompanying kayaker, and it is highly recommended that you use a swim training float (for example, [SAFE4SWIM Swim Buoy for Open Water Swimming](#)). Only swim in an area that allows for open water swimming, and always swim in an area protected by lifeguards
- Make sure some of your training includes similar conditions that you will encounter on event day, including water temperature, practicing in your wetsuit, and swimming in close proximity to others.

- Learn and practice how to “sight” in open water.
 - In the open water there are no lane lines. You need to practice looking ahead during your swim to find a marker in the distance to follow.
 - Looking up is a simple thing to practice in the pool. Try perfecting it so you don’t disrupt your rhythm. For example, while swimming, look up and ahead while maintaining your body on the surface, and avoid letting your legs sink and going vertical in the water
 - Another “Sighting” technique in open water is using the shore line, a building, even clouds to help you stay in line as you turn your head to breathe. Practice this technique in your open water swim training, it will help dramatically in your event.

□ **REVIEW THE COURSE AND TIMELINE**

- Keep in mind that every body of water is different, so you’ll need to educate yourself on your swim site’s typical conditions.
- Arrive early! Spend some time observing conditions, the course map, and make sure to attend the mandatory pre-swim safety speech.
- ASK Questions of the event safety team on the beach if you are unclear or have any unanswered questions.

□ **START EASY - RELAX AND BREATHE**

- If possible, spend some time warming up and spotting the course markers. If you are not able to warm up in the water, consider 5 to 10 minutes getting loose with some stretching, a light jog, or jumping jacks to increase circulation before jumping in.
- Take a moment to think about who you are swimming for before you begin. Starting out, relax and focus on proper breathing & technique as you settle into a sustainable pace.
- Participants at Swim Across America events are allowed to stop or rest at any time during the swim. Feel free to rest on a kayak, just as long as it is the front or back to avoid tipping the vessel.

□ **BE ALERT AND ASK FOR HELP**

- In an open water event setting, always stop at the first sign of a medical problem or possible situation that may escalate.
- If you or a fellow participant needs help, raise and waive your hand to alert a lifeguard or safety watercraft.

□ **BE SAFE AND HAVE FUN!**

- Remember that safety is our #1 priority and that SAA events are for charity, not a race!!
- Enjoy the swim, be safe, and have fun!

□ **Swim Starts:** All swim distances will begin at the direction of the Swim Director □

For the safety of ALL, swimmers should only enter the water when specifically instructed to do so by SAA personnel

□ **½ MILE COURSE:** Swimmers will swim straight out of the start chute, keeping **yellow** buoys on the left. Turn LEFT at the first **green buoy** and continue on the ½ mile course. Turn LEFT at the 2nd **green buoy**. Swimmers will turn RIGHT at the **pink flamingo buoy** and head straight to the finish.

□ **1 MILE COURSE:** Swimmers will swim straight out of the start chute, keeping **yellow** buoys on the left. Swimmers will complete the rectangle and turn RIGHT at the **pink flamingo buoy** to head straight into the finish.

□ **5K COURSE:** Swimmers will swim straight out of the start chute, keeping **yellow** buoys on the left. Swimmers will **complete the rectangle loop 3 times**. On the 3rd and final lap, turn RIGHT at the **pink flamingo buoy** to head straight into the finish.

□ **10K COURSE:** Swimmers will swim straight out of the start chute, keeping **yellow** buoys on the left. Swimmers will **complete the rectangle loop 6 times**. On the 6th and final lap, turn RIGHT at the **pink flamingo buoy** to head straight into the finish.





Our primary objective is to have a safe and fun event.
Please remember that SWIM ACROSS AMERICA “SOUND TO THE COVE” SWIM IS NOT A RACE.
We are coming together to “MAKE WAVES TO FIGHT CANCER!”

DURING THE SWIM

- Safety teams and volunteers will be on the course for your assistance – do not hesitate to request help if necessary.
- **Swimmers must stay on the marked course.**
 - If a swimmer goes off the marked course or is lagging too far behind the main group, **Swim Across America reserves the right to regroup the swimmer.** This will be done in the interest of safety for all swimmers, and to stay within the time limits for the open water swim.
- **If a swimmer is in distress or needs assistance, the swimmer should shout and wave their hands in the air to get the attention of the safety resources that are on the water.** With that signal, you will be assisted by nearby support personnel. Remember, “if you see something out of the ordinary, SAY SOMETHING.” Please alert assistance.
- If a swimmer decides to exit the water onto a boat on their own accord, or if a swimmer is removed from the water by a Swim Across America representative, the swimmer **will not be allowed to re-enter** the water.
- SAA Safety resources have the discretion to remove a participant for any reason. ALL swimmers must adhere to their decisions.
- In the event of an emergency, including a water evacuation, **all swimmers MUST FOLLOW the instructions of the SAA Safety Resources on the water and on-shore.**

POST-SWIM

The Event Check-Out process is critical to ensure ALL Swimmers are properly accounted for after the event!

- Once on the beach at Prybil Beach, **all swimmers must proceed through the finish line to the Check-out table.**
- Swim Across America volunteers will be there to direct you, once you exit the water.
 - A greeter in the finish chute will ensure that you **return your Safety Chip. Please place it in the Plastic Bucket before leaving the beach.**
 - Proceed toward the **Check-out table**.
 - Your timing chip will register you back on land, and a volunteer will confirm your number on exit to ensure you have safely exited the water.
 - Swimmers who are unable to finish the event under their own power should plan to proceed to the finish / **Check-out table** as soon as they arrive.

□ FUNDRAISING – CHALLENGE YOURSELF!

SAA is a grassroots fundraising organization. We ask swimmers (and volunteers) to communicate our message to their personal network of family, friends, co-workers, neighbors, and ask for their financial support of your swim and volunteer efforts. It is our experience that when you communicate your passion for our cause, the first class quality of our beneficiaries, and the fact that since 2002, 81% of all funds raised goes directly to our beneficiaries (truly World-Class), you will experience enthusiastic support from your network. While each distance has a 'minimum' for entry, we're hopeful that all of our swimmers set personal fundraising goals in excess of the minimum required.

□ SWIMMER FUNDRAISING MINIMUM:

- 1/2 mile swimmers: \$250 minimum
- 1 mile swimmers: \$500 minimum for adults, \$250 minimum for those under 18
- 5k swimmers: \$1,000 minimum
- 10k swimmers: \$5,000 minimum
- Family Fun Swim: \$50 minimum, all children should be accompanied by an adult.

□ INSTRUCTIONS:

- **ONLINE Fundraising:** We suggest that you consider fundraising online. It is the most efficient and effective way to communicate and solicit donations from your personal network of friends and supporters. And it is easy to set up, once you register online.
 - o First, go to our website at: www.swimacrossamerica.org/ns and REGISTER for the event in which you would like to swim or volunteer. Once you complete the online registration, you can create your own personal web page, add a photo, a personal message, and establish a fundraising goal.
 - o Finally, it is best to **send a personal email/note to your supporters, including the web-link (URL) of your Personal Fundraising Page** that you have created.
 - o Supporters can use Weblink to make secure online donations, immediately tracked to your fundraising.
 - o **If Supporters prefer to send a check**, they can be sent to:
 Swim Across America, % Kevin Shine
 165 Weyford Terrace
 Garden City, NY 11530
 - o Please ensure that folks note on their check, the participant/team to which they want to donate.
- **Letters/Checks:** If you choose to send a physical letter to your potential supporters, be sure to include a copy of the 'Swim-Donation Form' with each letter for your supporters to complete. On this form, be sure to add your name and address on the top right so your supporters can send their donation back to you. It might also be a good idea to include a stamped self-addressed envelope for your sponsors to return to you!
 - o It is your responsibility to bring all these forms and cash/check donations with you the day of the Swim. Please note your name and the total \$\$ contained in the envelope, on the outside of this envelope! Also, **include a completed 'Sponsor's Donations Form'** for these offline donations, including the donor names, addresses, and \$ amount of donations. Any online donations will be tracked automatically – we just want to make sure we get the details for anyone giving you cash or checks provided on the event day.
- A **"Sample Fundraising Note"** is included in this package for your reference. You are encouraged to customize and personalize your message to your supporters via email or letter, but this provides you with some facts and figures to help you get started.
- **Additional Fundraising WAVEMAKER Awards** will be provided to those swimmers/volunteers who achieve the \$1000 or more fundraising level.

Dear **xxxx**,

I am writing you this letter to ask for your support for a great cause in the fight against cancer. On Sunday, July 30th, 2023, I will be participating with Swim Across America (SAA) (and **Team XXXX**) in the annual Sound to the Cove swim at Prybil Beach in Glen Cove, NY to raise money for cancer research and treatment priorities. Like many of the other participants, **I/we** swim in the honor of friends and relatives currently battling cancer, and in the memory of those whose lives were lost to this terrible disease.

The Nassau/Suffolk chapter of **Swim Across America** was founded in 2001, and since then we have raised over **\$12 million in support of our beneficiaries.**

I am asking friends to donate whatever they can and whatever they feel appropriate. In addition, if you would like to join the team as a swimmer or volunteer, please register online at the website noted below. We welcome swimmers, kayakers, volunteers and anyone willing to help out with the fundraising efforts. This year, my personal fundraising goal is **\$XX,000**, and I need your help. Our swimming and fundraising efforts are nothing compared to the struggle that cancer patients face every day. With your help, we have the chance to bring the cure closer.

I want folks to know that your donations are going to support some of the most dedicated and renowned beneficiaries in the world of cancer research, treatment and prevention. They include: Memorial Sloan Kettering Cancer Center's Swim Across America Research Laboratory, Cold Spring Harbor Laboratory, University of TEXAS MD Anderson Children's Cancer Hospital (The Stacey Leondis Fellowship), Northwell Health: The Feinstein Institute for Medical Research, Weill Cornell Medicine (The Sandra and Edward Meyer Cancer Center), and SHARE Cancer Support.

Swim Across America has achieved a 4-star rating from Charity Navigator (the highest possible rating), and a GuideStar Platinum status (highest possible rating). The team at SAA Nassau Suffolk Long Island is an all-volunteer team, dedicated to maximizing the direct donations to our beneficiaries, and over 81% of every dollar raised by SAA-NS goes directly to the cause. That is truly world-class!

This is a tough fight and we need your help – please accept the challenge!! There is a link to the Swim Across America Home Page below, providing you with more information on the organization and our beneficiaries.

You can donate online via a secure credit card donation ... Just use the following weblink to my personal fundraising page and use the Blue DONATE NOW button toward the top right.
<https://www.swimacrossamerica.org/site/TR/OpenWater/....> **(This should be updated to include your fundraising page)**

If for any reason you are uncomfortable doing this transaction on the web, please make checks payable to **Swim Across America, Inc.**, and forward to (be sure to include a note with the name of the swimmer you are donating to):

Swim Across America
% Kevin Shine
165 Weyford Terrace
Garden City, NY 11530

Your dedication to this event is a living testament to your commitment to helping all those less fortunate. Swim Across America is all about empowering individuals to make a difference in the fight against cancer. Through your participation and fundraising, we are making that difference, and Swim Across America will not stop until we reach our goal of finding a cure to cancer!

Sincerely,

□ OUR MISSION STATEMENT

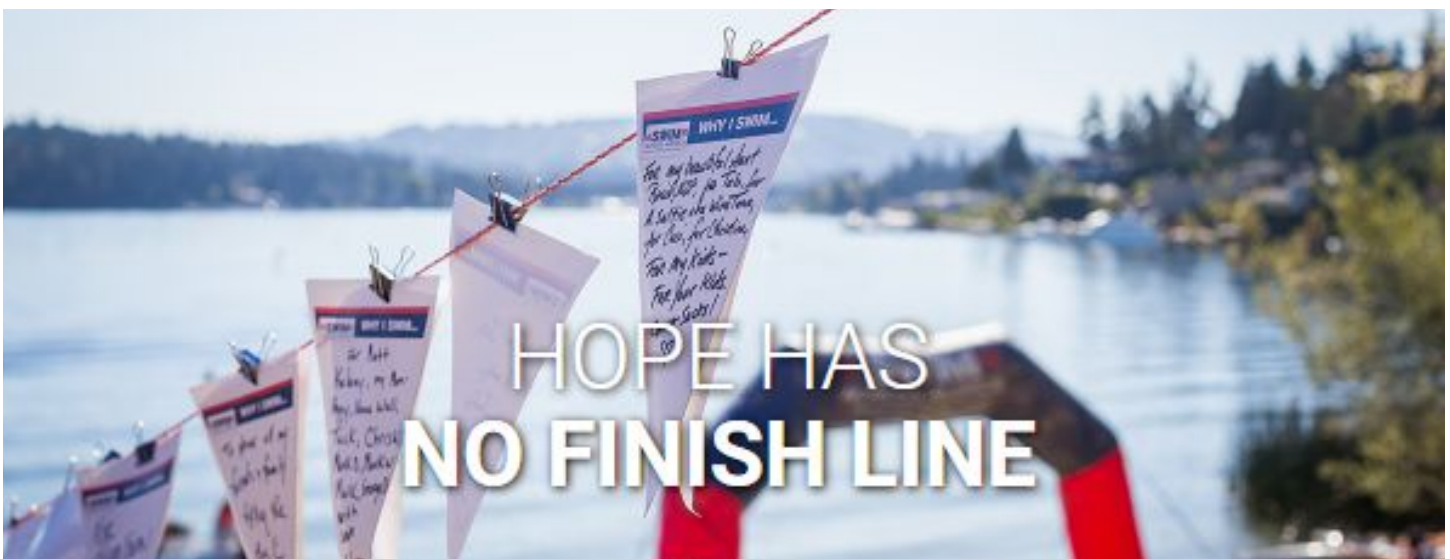
WE UNITE THE SWIMMING COMMUNITY BY HOSTING BENEFIT SWIMS THAT RAISE MONEY TO FUND LIFE SAVING CANCER RESEARCH AND CLINICAL TRIALS

Every 15 minutes, 50 Americans are diagnosed with cancer. This is a sobering reality. But, the good news is that every year millions of Americans are beating cancer through advancements in treatments. Swim Across America, the official charity for swimmers, exists to raise money for our network of doctors and researchers who are the pioneers developing new cures and treatments to this dreaded disease. Michael Phelps and over 100 Olympians support SAA.

□ AND WE CONTINUE TO EVOLVE!

Since our inception, we have grown from a single event in Nantucket, MA, to dozens of events across the U.S. From New York to California, we are swimming across America. To date, Swim Across America has granted **more than \$100M** to fund cancer research and clinical trials at world-renowned research institutes and organizations including: Memorial Sloan Kettering Cancer Center, Johns Hopkins Medicine, Moffitt Cancer Center, Chicago Rush University Medical Center, Children's Healthcare of Atlanta, Hollings Cancer Center, Mass General Hospital for Children Cancer Center, Massey Cancer Center, MD Anderson, Dana-Farber Cancer Institute, Morgan Stanley Children's Hospital of New York-Presbyterian, Alliance for Cancer Gene Therapy (ACGT), Rogel Cancer Center at University of Michigan, UCSF Benioff Children's Hospitals, Levine Cancer Institute, Baylor Charles A. Sammons Cancer Center at Dallas, Nantucket Cottage Hospital, Cold Spring Harbor Laboratory, the Feinstein Institute of North Shore, Women and Infants Hospital Rhode Island, Siteman Cancer Center, UCLA Jonsson Comprehensive Cancer Center and Seattle Cancer Care Alliance.

Our events unite recreational swimmers, competitive swimmers, Masters swimmers, Olympians, kayakers, boaters and hundreds of volunteers all committed to pursuing a cure for this devastating disease. In all, over 5,000 swimmers, ranging in ages from 4 to 78, participate on an annual basis in our events.





Donation

Please make your donation payable to **Swim Across America, Inc.** and return it to your swimmer/volunteer with this sheet

Thank You!

Please fill this form out completely and legibly to prevent processing delays. Donations are tax deductible to the fullest extent allowed by law

Matching Gifts

Many companies provide their employees with matching gifts/pledges. Check with your employer on its specific guidelines

Our Beneficiaries Include:

Memorial Sloan Kettering
Cancer Center's Swim Across
America Research Laboratory

Cold Spring Harbor Labs

University of TEXAS MD Anderson
Children's Cancer Hospital
The Stacey Leondis Fellowship

Northwell Health: The Feinstein
Institute for Medical Research

Weill Cornell Medicine (The Sandra
and Edward Meyer Cancer Center)

SHARE Cancer Support

Please visit our Website

www.swimacrossamerica.org/ns
for a complete list or our
beneficiaries.

Since we began in 2001,
81% of our donations have gone
directly to our Beneficiaries !

Donation Form

A Swim to Fight Cancer
Nassau/Suffolk Events

Name of Person Being Sponsored

Address

Team Name (if applicable)

Sponsor's Information (please print)

☐ Mr. & Mrs. ☐ Mrs. ☐ Mr. ☐ Ms. ☐ Miss Other: _____

Last Name First Name

Business Address (if business donation)

Mailing Address

City State Zip

I'm Behind You Every Stroke!

Honorary Swimmer..... \$1,000

Inspiration \$500

Commitment..... \$250

Spirit..... \$100

Other Amount.....Single Payment in full.... \$_____

THANK YOU!

(This form may be copied as needed.)

Make Checks Payable to: Swim Across America, Inc.

Swim Across America, % Kevin Shine

165 Weyford Terrace, Garden City, NY 11530

Please include a note mentioning the name of the swimmer
or team you are sponsoring.

email: kevin@swimacrossamerica.org www.swimacrossamerica.org