



## **HBHS Aquatics Seventh Annual 100 X 100 Fundraiser**



### **What is a 100x100?**

The 100X100s is a set where each swimmer swims the equivalent of 100 yards 100 times. Many times, swimmers will consolidate the swims into 250, 500, or 1000 yard swims. The total yardage completed by the end of the set is 10,000 yards, which is just over 6 miles. Swimmers may choose to do a variety of strokes, create swim sets, or even kick.

### **How do the swimmers keep track of all those 100s?**

Many times, swimmers will bring in bags of pennies, or soda tabs to help count the 100s they have completed. If you have an underwater writing slate, that could work too. We will have lap counters out as well, although we only have a limited number available.

### **Why are we doing this?**

The purpose of this fundraiser is to raise money in support of OUR year long aquatics program. With the money raised we can purchase more equipment such as new lane lines, kick boards, fins, resistance cords, dryland equipment such as Vasa trainers, flags, and so on.

### **What is expected of each swimmer?**

We ask that each swimmer raise at least \$200. The goal is to get friends, family, neighbors, or teachers to donate money for your participation in this event. It is more fun if they donate on a per 100 basis, or a per lap basis. This puts the pressure on you to perform at a higher level to bring in more money.

### **When is the 100x100 fundraiser?**

The event date is set for **Black Team Girls and ALL Orange Team- March 12th; Black Team Boys- TBA**. The pool will be open for all swimmers to use at 1:00. All swimmers will have until 5:00 to complete the 100s. It usually does not take 4 hours to complete, but the option is there.

**When is the money due for the 100x100 fundraiser?**

We ask that the money for the fundraiser be returned to the coaches, in a sealed envelope with the total raised, by April 3rd, 2020. All money will be turned in to the treasurer at the next booster meeting. Any checks should be made out to HBHS ABC, and should specify whether it is for girl's swim or boy's swim.

**Is completing all 100s mandatory?**

Completing the 100x100s is not mandatory, but we hope each swimmer makes it a goal to push themselves to complete as many 100s as possible, within a reasonable time. The goal is to challenge yourself beyond the normal workout. For some, this is beyond anything physically they have ever done. ALL ATHLETES are expected to participate in the practice on the day of their 100 x 100s.

**How Can the Parents Help?**

Parents, you can help by assisting the swimmers in reaching out with the sponsor letter to friends and family, or any local businesses. Social media is always a great resource. We could also use the support of donations in food and drinks for the day of. In the past, a parent has bbq'd burgers and hotdogs for the swimmers to enjoy once they have finished their swim. Easy to eat fruit and veggies are great, as well as tons of water and gatorade.



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Total money raised. \$\_\_\_\_\_