

Seton Swim Team Cystic Fibrosis Lap-a-thon

Welcome to the annual **New Year's Eve** Seton Swim Team Cystic Fibrosis Lap-a-thon!

This year the event will be held at the Freedom Center from 10:00 a.m. to Noon on December 31st. Everyone should be on deck stretching by 9:39 a.m.

We'll all swim 200 lengths of the pool while raising money for Cystic Fibrosis. The swimming part will be easy (well sort-of), but here's what you have to do to get going on your fundraising:

- Start at this link: [CF Lap-a-Thon \(hopkinschildrens.org\)](https://support.hopkinschildrens.org/CFLapathon)
- Click "Register"
- If you are Captain, Choose "Create a Team"
 - Name your team after yourself, for instance "Team Shane"
- If you are not a Captain, choose "Join a Team"
 - Use the pull-down menu to find the team that has been set up by your Captain
 - For instance, if you on are Shane Koehr's team, they you would select "Team Shane"
- Click "Complete Registration"
- Click "Continue"
 - That creates your Personal Fundraising Page
- In the Pop-up window, you can create a custom URL
 - For example,
<https://support.hopkinschildrens.org/CFlapathon/CoachKoehr>
- You can edit your page by clicking on the "My Page" tab
 - On the right, you'll see a box titled "Edit My" to edit the key information on your page, including your welcome message. My welcome message simply says:
Thank you for visiting.

Every season, Seton Swimming has a swim-a-thon to raise money for Cystic Fibrosis research.

Please support Johns Hopkins Children's Center by making a contribution to my fundraiser and sharing this page with your family and friends.

This cause is very dear to me. We've had several swimmers on the Seton Swim Team with CF over the years.

Together we can make a difference!

Best,

Coach Koehr

- You can also click on the large blank box at the top of your page and insert a photo
- To set up your ability to e-mail fundraising requests, click on the E-Mail tab
 - It will ask you to send a Verification e-mail
 - Once you receive that e-mail, click on the verification link and you'll be ready to go.
- Go back to the E-Mail tab to start sending fundraising e-mails
 - Select "Promote" on the menu bar
 - It should already be selected by default
 - Click "Add Friends Manually"
 - Add an e-mail address in the first blank box and then a name in the box labeled "Greeting"
 - For example, coach@koehrfamily.com and "Coach Koehr"
 - Click "Add E-Mail"
 - Repeat
 - Fill in the Subject line with something like "Cystic Fibrosis Swim-a-thon"
 - Fill in the text of your fundraising e-mail. The greeting will be filled in automatically, so there is no need to include one.
 - Here's an example of what I sent to some of my friends:

Please visit my personal page

<https://support.hopkinschildrens.org/CFlapathon/CoachKoehr>

Every year, the swim team I coach has a swim-a-thon for Cystic Fibrosis. Believe it or not, we've had a number of kids on our team that have the disease.

I would be grateful if you could hit the link above and make some small donation to help me demonstrate to the kids how this is done?

Jim

- At the bottom, you can click on "Save Template" so you don't have to retype the message the next time
 - You can just name the template "Template" or "Family" or anything like that.
- Then at the bottom, click on "Review E-Mail"

- If you like what you see, click “Send E-mails” and watch the money come in