

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:
<https://runsignup.com/Race/VA/Manassas/SetonSwimmingCysticFibrosisLapathon>
- Click "Sign Up".
 - If you are a swimmer, click the button for "Minor", complete the form, and click on Continue at the bottom.
 - Click on the Waivers and click on Continue at the bottom.
- If you are Captain, choose "Create a New Team" and click on continue
 - Name your team after yourself, for instance "Team Mary", set your password, and click on continue
 - Your Password will be used by your Teammembers to join your team, so don't use your normal passwords. Just set your password to "SetonSwimming"
 - Select your t-shirt size and click on Continue
 - Scroll down, ignoring the section called "Join our Team" and set a goal.
 - Leave all the toggle buttons highlighted
 - Fill in a brief Personal Message Header and a Message to display on your fundraising page.
 - The heading I used said "Seton Swimming's 11th Annual Seton Swim-a-thon for Cystic Fibrosis"
 - Enter a donation to kick things off – the size doesn't matter – just do something.
 - Click on Continue
 - Enter your parent's credit card information if they will let you.
- If you are not a Captain, choose "Join a Team"
 - Click on "Join an Existing Team" and click on Continue

- Select your Team from the drop down and enter the password you get from your team captain.
 - Each Seton team member will be assigned a CF Swim-a-thon Team Captain. See the attached assignments.
- Select your t-shirt size and click on continue
- Under “Join Our Team!” select the team you are on.
 - For instance, “Team Mary”
- Enter a donation to kick things off – the size doesn’t matter – just do something.
 - Click on Continue
- Enter your parent’s credit card information if they will let you.

Now it is time to set up your personal fundraising page and send some simple fundraising messages.

- Start at this link once again:
<https://runsignup.com/Race/VA/Manassas/SetonSwimmingCysticFibrosisLapathon>
- Click on “Find a Participant” in the menu across the top of the Home Page.
- Find yourself on the list and click on your name.
 - This will take you to your personal Fundraiser page.
- You can edit your page by clicking on “Manage” next to your name
 - Set your personal fundraising goal
 - Enter a tagline. I used “Seton Swimming's 11th Annual Cystic Fibrosis Swim-a-thon”
 - On the right of the page, you can “Choose Your Image” if you would like to include a picture.
 - Enter a “Personal Message Heading”
 - I used, “Seton Swimming's 11th Annual Cystic Fibrosis Swim-a-thon”
 - Then you can edit your “Personal Message to Display on Your Fundraiser Page”. I wrote:
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

- Scroll down to the section labeled “Team Fundraiser” and make sure the team to which you have been assigned is listed under “Join a Team Fundraiser”
- Click on Save Fundraiser Changes
- The next page will give you the URL to your personal fundraising page.

Now you are ready to raise a little money.

- If you remember your URL, then all you have to do is include it in personal e-mails to friends and family.
- If you forgot your URL, then just start at this link once again:
<https://runsignup.com/Race/VA/Manassas/SetonSwimmingCysticFibrosisLapathon>
 - Click on “Find a Participant” in the menu across the top of the Home Page.
 - Find yourself on the list and click on your name.
 - If you have already signed up, this will take you to your personal Fundraiser page.
 - You can simply copy the URL from the top of your browser.
- Here’s an example of what I sent to some of my friends:

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.

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

Please visit my personal page [Coach Jim Koehr - Seton Swimming Cystic Fibrosis Lap-a-thon \(runsignup.com\)](https://runsignup.com/Race/VA/Manassas/SetonSwimmingCysticFibrosisLapathon)

Jim