



Dear Swimmers/Parents/Coaches/Teachers/Committee Members.

Just a short note to let you all know that on Sunday 26th September 2010 Preston Swimming Club will be taking part in a sponsored swim for the CRY charity.

The CRY organisation - Cardiac Risk in the Young is an organisation that screens young people aged 14-35 to detect potential heart problems. Twelve apparently fit and healthy young people die in the UK every week from undiagnosed heart conditions. In recent times this organisation has helped three of our competitive swimmers overcome heart problems which in turn has allowed them to continue their training and return to full fitness. The charity exists with the sole help of volunteers fund-raising efforts. The committee and I thought it would be a good idea for the club to give something back to the charity.

Over the next couple of weeks swimmers will be given a sponsorship form and each group will be set targets by their coach or teacher to achieve a target swim. All swimmers in our teaching programme will be awarded distance badges for the distance they swim.

There will also be some prizes supplied by CRY and the club, we will inviting the Lancashire Evening Post down for some publicity and there will be a presentation to CRY on the day.

The swim is not only open to the swimmers, parents will be more than welcome to don their Speedo's and goggles if they wish and the teachers and coaches will also be taking part in the sponsored swim.

Please join me in supporting this event, its an excellent opportunity for the club to give something back to the people who have already been instrumental in keeping our swimmers in the water.

Further details will be posted soon so please keep checking our excellent website for further information on this event.

Kind Regards to you all and start training.....

Steve Heaps

**Head Coach
Preston S.C.**