

The Aspire CHANNEL SWIM 2011

12th Sept - 4th Dec

PARTNERED BY



SIMON MURIE'S SWIMMING TIPS



Simon has always had a passion for open water swimming and after organising trips for himself and others for many years, he founded the company SwimTrek. He has swum in many exciting places and continues to search for new and inspiring swim locations to share with other keen swimmers.

Simon is proud to be supporting the Aspire Channel Swim, so please read his swimming tips below to help you make your challenge a success.

Pool opening times

Check your pool opening times and when they have sessions for lane swimming, which will help improve your challenge by preventing you from weaving in and out of other swimmers.

Speak to your pool

Let the staff at your pool know that you are taking part in the Aspire Channel Swim. They can use the challenge to promote their pool and attract new swimmers.

Build up your training

If you are a non swimmer or a casual swimmer, slowly build up your lengths in the weeks prior to the challenge.

Plan your swim

Work out how many lengths you need to swim to complete the 22 miles. You can then plan how you will break down the distance throughout the twelve weeks. (We have a handy calculator on our website...)

Know your limits

If you have any known health problems or think you may be pregnant, please visit your GP before taking on the challenge.

Eating before

Always make sure you have enough energy for your swimming session. Bananas and carbohydrates are a good source of slow release energy, but make sure you eat an hour and a half before entering the water.

Staying hydrated

Stay hydrated throughout your swim by taking some water poolside with you.

Prevent boredom

Set yourself a distance target before you start your session. Also change your stroke regularly and use the pool equipment. Legs only swimming, with a float, is a great way of toning up your legs and stomach.

Warm up

Start your session with at least a few easy paced lengths. This is a great way to slowly stretch your muscles and ease into the session.

Warm down

Take time at the end of your swim to do a couple of slow lengths to bring your heart rate down.

Stretches

It is important to stretch after every swimming session to help prevent injury. Please ask a qualified member of staff to show you some stretches if you are unsure of what to do.

Look after your kit

Make sure you look after your swimming kit by rinsing your costume and goggles to remove the chlorine.

Check us out on Facebook & Twitter

We will have loads of swimming tips throughout the 12 weeks on our Facebook and Twitter pages.

Visit aspirechannelswim.co.uk or call 0800 0370 880

Supporting people with spinal injury

Aspire



Registered Charity no. 1075317
Scottish Registered Charity no. SC037482



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FUNDRAISING TIPS

Swimming the distance of the Channel is an amazing achievement and your friends, family and colleagues are bound to be impressed, so make sure you get them to sponsor you.

Getting sponsored...

Online sponsorship forms
www.justgiving.com

Set up an online fundraising page by visiting [www.justgiving.com / aspire / raisemoney](http://www.justgiving.com/aspire/raisemoney) and click on the CREATE YOUR PAGE button. Follow the simple instructions on the screen and it will only take you a couple of minutes to create your page. As soon as your page is up and running you can email the link to all your friends, family and

colleagues and ask them to sponsor you.

This quick and easy way of raising sponsorship monies will save you the hassle of chasing your sponsors at the end of the challenge.

Traditional sponsorship forms

If you prefer paper then please use the sponsorship forms provided in your pack. Sponsorship forms are perfect for your sponsors who are not comfortable to donate online.

Try your best to get your first sponsor to pledge a generous amount in the hope that others will follow!

Please ask your sponsor to tick (✓) the Gift Aid box and to print their full name clearly, house name/number and postcode, so Aspire can claim back 25p per £1 donation.

REMEMBER TO BE CREATIVE AND HAVE FUN!

There are lots of other great ways to raise money too...

Join us on Facebook and Twitter
Every week throughout the Aspire Channel Swim, we will be giving you a new fundraising idea to help you achieve and surpass your target. We will have toolkits available to download that will give you a step by step guide to loads of different fundraising activities. These will include:

Dress Down Days—Ditch the suit or uniform for the day and get your colleagues to pay for the same privilege.

Quiz Night—Everyone loves a good quiz! Hold your own and put the proceeds towards your total.

Guess the weight—An oldie but a goodie! Bake (or buy!) a cake and get family and friends to guess the weight.

Halloween Party—Week eight of the swim is Halloween so hold a party to celebrate your achievements so far and raise an extra bit for Aspire.

Caption Competition—Got some funny photos? Get everyone you know to take part in a competition to come up with a witty caption.

All of these ideas and more will be available via Facebook, Twitter and our aspirechannelswim.co.uk.

What else can you do? Why not be brave and ask your company to support you? Some companies operate a Matched Giving Scheme, donating £1 for every £1 you raise.

Shout about it—On Facebook, Twitter, your blog, to your friends over a cuppa, at work through emails or on the blower. Most importantly shout about it to the local press, after all swimming the Channel is not something you do every day! Download the media toolkit from aspirechannelswim.co.uk

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