

Dear All,

Not only is Christmas around the corner but so is the biggest fundraising initiative of the year.....

Masters, Senior and National Squads will be swimming from midday on the 21st to midday on the 22nd December. The idea is to swim as far as possible in that time. The swimmers will swim in 20 minute blocks throughout the 24 hours.

The swimmers really hope that you will be able to pop down to the Pavilions at some stage over the 24 hours to show your support and pledge a donation towards Atlantis. All the Money raised will all go towards improving and/or renewing equipment and training courses.

The squads have come up with a treat and forfeit list:, to ensure this treat/forfeit is carried out; please scroll to the bottom of the just giving page, here you are able to leave a message or contact us.

All donations of £20 and over will receive a nutrition pack, there are 3 to choose from: Individual athletes, team athletes and general fitness and wellbeing - again please scroll to the bottom to leave us a message with the pack that you would like to be emailed to you.

Tiffany Afflick, qualified Nutrition Advisor, has a 1st Class BSc in Sport and Exercise Science from Loughborough and has written 3 different nutrition packs to give as rewards:

Health & Fitness: Recipes, flexible shopping guide, meal builder, healthy lifestyle tips and a weekly planner

Individual Sport: Ideas on fast nutritious snacks, practical nutrition, pre & post training advice, meal builder, flexible shopping, guide on individual athlete (includes: advice on snacks, fuelling up, rest days, hard and light training days, timings), building a food plan and, of course, lots of recipes.

Team Athletes: Ideas on fast nutritious snacks, practical nutrition, pre & post training advice, meal builder, flexible shopping, guide on Team Sport athletes (includes: rest days, hard and light training days, match day), team sport athlete plan, building a food plan and, of course, lots of recipes.

Thank you.

Treat/Forfeit	Price
Fins for 10 minutes	£5
Social kick (200M)	£5
50m Corkscrew	£5
600m Pull	£7

Pick up pace for duration of song chosen by donor	£10
2-minute plank	£15
800 IM (no fins)	£30
10 pull-ups after each 100 for 20 minutes	£30
??? (something awful eg. 40 fly))	£50

****THE JUSTGIVING PAGE IS LIVE****

Please following this link to the
justgiving page: [ATLANTIS 24 HOUR SWIMATHON](#)

Thank you to all our members and supporters. So far in 2023 we have raised over £6700 with a final push we hope to reach our target of £8000 by 31st December.

THANK YOU AND MAY WE TAKE THIS OPPORTUNITY TO WISH YOU A VERY HAPPY CHRISTMAS.