





Dear Coaches, Swimmers and Y Community members

In support of the Y Strong Kids Campaign, Okanagan Masters Swim Club is proud to present the annual 100 x 100m's Swim Challenge! Where: H2O Adventure and Fitness Centre. When: Saturday, December 17<sup>th</sup> 2011 from 12:00 noon to 5:00 pm.

It's a great fitness challenge, fun event and excellent way to help our community! It's going to be a splendid afternoon!

We hope to have a good group

of people tearing up the lanes so please come out and help us make this a great fundraising and swimming success.

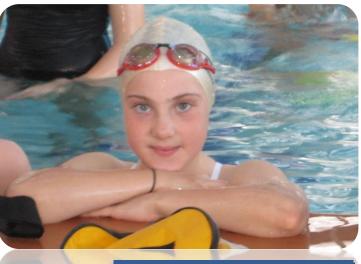
Don't delay! **Register now** (and definitely before December 13<sup>th</sup>) with Laura Garrett at <u>glsm@shaw.ca</u>. A **Pledge form** will be sent to you <u>once registered.</u>

Start psyching yourself up for the 100 x 100s! More importantly, challenge a friend to do this with you! (There is also an option to do 50 x 100m's.)

Thanks and look forward to seeing you at the pool!

## The OMSC team

For more information on Masters Swimming visit the OMSC website at http://www.okmasters.com.



## More info on the Y Strong Kids Campaign

The Y believes that no child should be denied the opportunity to participate. By making a commitment to the Y Strong Kids Campaign you are helping one child, one youth or one family have access to Y services, programs or membership, despite their ability to pay. Please consider making an investment with a real return! The demand for YMCA-YWCA programs & services has never been greater! **100%** of your donation goes directly to supporting local children, youth and families in need. See http://www.ymcaywca.com/support/strongkids/ for more info.

**OMSC Executive:** Tony Hoft (President); Brent Hobbs (Past President); Ashley Russo (Secretary); Monique Russo (Registrar); Irene Pett (Treasurer); Conny Stamhuis (MSABC Registrar); Laura Garrett (Meet Manager); Jeanette Hoft (Communications); Carmelle Guidi-Swan (At large); Jennifer Leach-Trask (At large); Brian Corbett (At large); Leora Dahl (At large); Tracey Sutton (At large). **Coaches:** Jon Smirl, Eli Dimitrov, Sue Morrison, Pascal Sutherland and Nelson Chapman