





Women Swimmin' 2011 Gettin' Ready!

July 14 and 16


Welcome

- ▶ Introductions
 - ▶ Agenda
 - Mingling, sign-in, snacks
 - Welcome and thanks
 - Important information and trivia questions
 - Questions, wrap-up
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Meeting Objectives

- ▶ Meet other swimmers before the swim
 - ▶ Share advice or tips among swimmers (and boaters)
 - ▶ Share important information about the swim
 - ▶ Connect with Hospicare
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Safety


- ▶ The safety of everyone is of the utmost importance!
 - ▶ Our Safety Committee reviews procedures every year.
 - ▶ Entering the water from the shore of the Ithaca Yacht Club is not allowed.
 - ▶ Main goal is for everyone to swim across the lake safely!
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Video

- ▶ The smallest Women Swimmers Gladys and Lucy, together with their boater Phil, demonstrate proper techniques for swimming safety.
- ▶ Click here to see the video:
<http://www.youtube.com/watch?v=oz6BnQSe2YM>



Swimmer Organization

- ▶ Assigned to Pods of 8-10 swimmers
 - ▶ The Swimming Coordinator on the boat will tell you when to jump in
 - ▶ 3-4 paddlers assigned to each Pod
 - ▶ Organize into smaller groups of 3-4 swimmers per paddler
 - ▶ Talk to your paddler
 - ▶ **NO ONE SWIMS ALONE!!**
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Thoughts on Swimming

- ▶ Insights from the Kayak Safety Team
- ▶ Insights from other boaters?
- ▶ Insights from swimmers?



Photo by Jon Reis Photo and Design

Women Swimmin' Trivia

Q. How high is the jump from the MV Columbia into the water?

Q. True or False: Snorkels are acceptable gear for swimmers

Q. True or False: Once you enter the water you must complete the swim, no matter what!

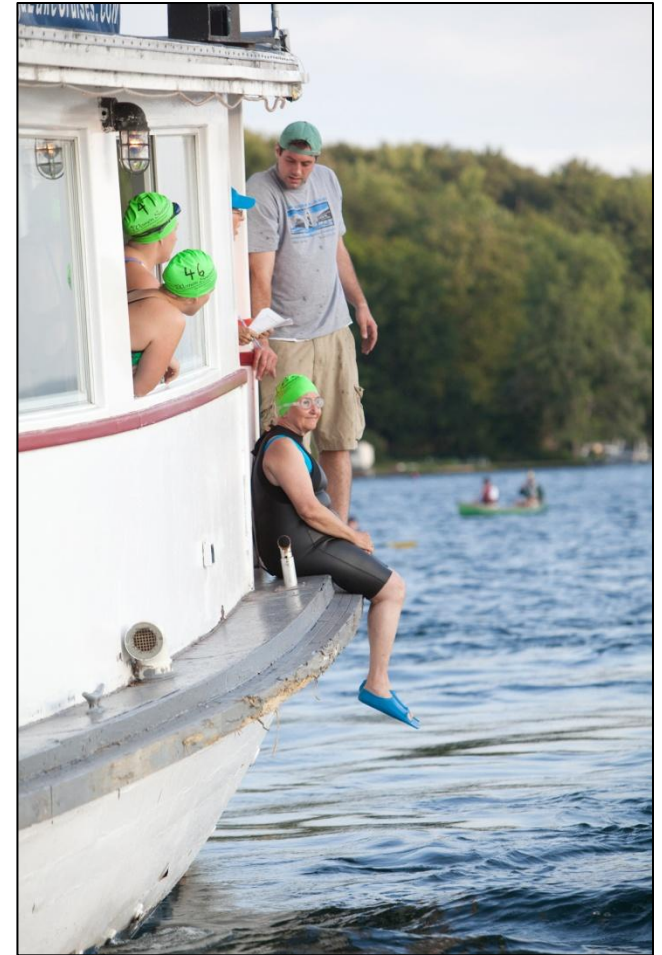


Photo by Jon Reis Photo and Design

Women Swimmin' by the Numbers

- ▶ 8/13/2011
- ▶ 341 swimmers
- ▶ 150 boaters
- ▶ 924 bagels
- ▶ Goal of \$275,000
- ▶ \$65
 - Cost of 1 day of morphine
- ▶ \$31,000
 - Unreimbursed cost of care at home or hospital in 2010
- ▶ \$67,000
 - Unreimbursed cost of palliative care in 2010
- ▶ \$174,000
 - Unreimbursed cost of the Hospicare residence in 2010




Women Swimmin' Trivia

Q. How much did the original planners of Women Swimmin' hope to raise with the first event in 2004?

Q. How much money has Women Swimmin' raised for Hospicare so far in 2011?

Q. How many states/provinces are represented this year?



Why is Women Swimmin' Important?

- ▶ All funds raised by swimmers support patient and family care
 - Medications, oxygen, equipment
 - Community support
 - Training
- ▶ Raises awareness
- ▶ Opportunity to honor the people we love



Video

- ▶ Women Swimmin's smallest swimmer, Gladys, shares some tips for fundraising success!

- ▶ Click here to view the video:


<http://www.youtube.com/watch?v=aIOx8Iba28g>



How Do You Fundraise?



New this year

- ▶ Pod bags and Pod tables
 - Big bags on the boat for each Pod for swimmers to put stuff in
 - Table space, designated by Pod number, to leave stuff
 - ▶ Facebook
 - www.facebook.com/WomenSwimmin
 - ▶ New incentive prizes
 - ▶ New and more prizes for top fundraisers!
 - ▶ Live auction immediately following the swim
 - Annie Campbell's original artwork
 - Custom-made quilt by Pat Costantini
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Questions?



THANK YOU!!



Hospicare
& Palliative Care *Services of Tompkins County*