



2025 SWIM-A-THON BASIC INFORMATION

We're incredibly excited for our 2025 Swim-A-Thon event – offered at 3 different locations!

(*please be sure to also read the 2025 SAT Schedule Document)

This document is meant to answer a few of the FAQs we usually get – don't hesitate to reach out if you have any questions for your swimmer(s) or questions this doesn't address.

Who can participate? Any BACer that is active with us this winter, as well as any fall BACer provided that they register for 2025 for USA Swimming. Connect with Coach Jacob with any questions.

Participation and Fundraising: Participation and/or fundraising are NOT mandatory and not necessarily linked. If a swimmer wants to attend but can't raise funds, that's okay! If a swimmer can't attend but wants to raise funds, that's great too! We think it'll be a great BAC event, so we'd love to have as much participation as possible, but we know not everyone is able to attend.

How does the fundraising work? Swimmers who opt to fundraise can do so through a mix of two ways – flat pledges or pledges per length. Pledges can come from anyone, but swimmers most often connect with family and family friends. Young swimmers frequently do a lot more lengths than parents guess they might, so be aware of that when doing pledged per length

Reminder – BAC is a 501c3 non-profit, so all donations are tax exempt!

What are the prizes? We've partnered with Simply Swimming and TYR to provide some GREAT prizes. We'll be revealing those on social media, and we'll also post the list on the website!

What does the money go towards? BAC has an incredible history of using Swim-A-Thon funds to give back to the swim community and to other charitable causes. Money in the past has gone toward breast cancer research, swimming lesson scholarships, and a fund to keep low income houses warm over the winter. Since the passing of a former BAC and UW coach – [JACK PETTINGER](#) – in 2018 we've used SAT funds to support Alzheimer's research. For 2025 the funds raised will go towards...

- **Alzheimer's Research** in honor of Jack
- **USA Swimming Foundation:** this is the charitable arm of USA Swimming. A major part of their mission is to aid swim lesson and learn-to-swim programs for underrepresented populations.
- **BAC Facility Fund:** the money that BAC keeps for the SAT doesn't just go into the general fund or to offset misc costs. The 2025 money is going to be set aside for our 'facility fund'. In addition to exploring ways to improve our current facilities, we'll be looking at options for a facility of our own!

What's the schedule? We're doing something a little bit different this year - we're offering different SAT experiences at 3 locations/times to cater to different BAC populations. We also have a ['2025 SAT Schedule' document with more details on each option.](#) **EVERYTHING IS SATURDAY, JANUARY 18TH!**

- @ Sauk Prairie HS
 - 10-under swimmers from 8:00 – 9:30am, 11-over swimmers from 9:30 – 11:00am
- @ Madison West HS
 - 11:30am – 1:30pm, all ages welcome
- @ Edgewood HS
 - 11-12 swimmers from 7:00 – 8:30pm, 13-over swimmers from 8:30 – 10:00pm

Do we have to sign up for a time/location, and how? We ask that you sign up through a [SIGN UP GENIUS LINK](#). There is no formal cap to any of the sessions, but having swimmers sign up in advance will help us determine numbers and plan for snacks, volunteers, coach coverage, etc.

How does the actual swimming work? Swimmers have up to two hours* to do as many lengths as they want. They can swim free, kick, use fins, whatever! Swimmers can hop out to take a snack break and restart, power through, or do whatever works for them.
(*some of our sessions are scheduled for 90 minutes. If your swimmer feels they'll want a full two hours, just email Coach Jacob and we can figure it out!)

Who counts a swimmer's lengths? If a swimmer is doing pledges by length they need someone (not a coach) to count their lengths. We will provide clipboards, pencils, and counting sheets to help out. (It's also up to you how strict you want to be or how much you want to fight with your swimmer when they invariably miscount their lengths!)

What about FUN STUFF?!? We've got plenty planned! We'll have some drinks and snacks available for swimmers. We'll be playing music throughout and we'll have a few fun 'side activities' or games planned to break the time up a bit. If your swimmer has a great idea, email Coach Jacob and let him know!

Volunteers needed! The SUG link also has a few volunteer spots for most shifts. We'd appreciate help keeping the food area well stocked, keeping food off the deck, and keeping the deck clean. We owe a HUGE shout-out to Edgewood, Sauk, and West HS for allowing us to host this event, so we want to be as courteous and as CLEAN as possible.

FUNDS CAN BE COLLECTED THROUGH TUESDAY, JANUARY 21st and PRIZES WILL BE AVAILABLE AT REGIONALS!



2025 SWIM-A-THON FUNDS BENEFIT THE USA SWIMMING FOUNDATION, ALZHEIMERS RESEARCH, AND THE BADGER AQUATIC FACILITY FUND!