

TO: All Staff

RE: Training Memo

FROM: Becky Galvan

COPIES TO: All Staff

SUBJECT: 100 Mile Swim Club

TAB: AQUATICS

DATE: 1/23/2020

PAGES: 1

Registrations are now open the 100 Mile Swim Club.

In Daxko it can be found under the aquatics tab or the health and wellness tab.

The swim club will run year round.

Members and nonmembers will pay \$20 to join and will have 1 year from the sign up date to swim 100 miles.

Participants will log the lengths,laps,or miles with the log book in the Aquatics office.The lifeguard on duty will give the log book to the participant to fill out.

Participants will receive a t-shirt and their name on a plaque in the pool area upon completion of their 100 miles.

How many laps are in a mile?

Length = One end of the pool to other (25 yards)

Lap = Down and back (50 yards)

1 mile = 1,650 yards = Approximately 66 lengths or 33 laps

Goal = 100 miles = 165,000 yards or 3,300 laps

How can you get to 100 miles?

2 miles a week equals 100 miles in about 50 weeks.

3 miles a week equals 100 miles in about 33 weeks.

1 mile a day, 5 days a week, equals 100 miles in 20 weeks.

If you have any questions please let me know

Becky