



“SWIM QUICK” For a Cure to Cancer

As most of you have heard, one of America’s most respected and decorated Swim Coaches, Richard Quick, has been diagnosed with inoperable brain cancer. In the world of swimming, he has “done it all” – coached six US Olympic Swimming Teams, led his collegiate teams to 12 NCAA titles, inspired every swimmer he has coached, and led the swimming community with respect and integrity.

Now it is our turn to give back. Richard and his family have teamed up with Swim Across America in an attempt to combat this disease and raise money towards finding a cure. The swimming community is now tasked with joining forces with Richard as he faces this newest challenge in his life.

WHAT IS SWIM QUICK?

Many people in the swimming community have asked what they can do to help Richard during these difficult days. “Swim Quick” is a fundraising program developed by Swim Across America to answer this question -- and it provides a tangible way for everyone to support Richard – and all those affected by cancer. By collectively donating to Swim Across America and swimming together in his honor on February 14th, we can share with him how much he has impacted our lives.

HOW CAN MY TEAM PARTICIPATE?

We want this to be *easy* for everyone to be involved. So, here are some ways you can rally and inspire your swimmers to be a part of this special event.

If your team has **practice** scheduled on Saturday, February 14th, you can dedicate the practice in Richard’s honor and have a moment of silence at the beginning of practice. Please ask all swimmers and their families to donate as generously as they can to SAA in support of this cause. They can write a check or donate online at www.swimacrossamerica.org/swimquick. Once you’ve collected all the funds, please send them to SAA at the address below. All checks can be made out to Swim Across America, Inc. and will be put toward the Richard Quick Endowment. Additionally, if your team would like to write notes of support to Richard or send cards, please send those to SAA with the checks and we will be sure they get to him.

If your team has a **swim meet** scheduled on February 14th, we ask you to involve the host of the meet. Will they begin the meet with a moment of silence in Richard’s honor? Will they donate a percentage of the meet proceeds to SAA in Richard’s honor? Will they make announcements throughout the meet asking for donations to Swim Across America and the Richard Quick Endowment? If yes, please collect the checks/money and send to SAA at the end of the meet.

If this day doesn’t work with your schedule, or if you **do not have practice** on this day, you can swim in Richard’s honor – and all those affected by cancer -- on any day and at any time that is convenient for you or your team.

THANK YOU FROM SWIM ACROSS AMERICA!

Thanks in advance for your support of this program and for your support of Richard Quick. He is a special man with a unique challenge ahead. We know the special thoughts, prayers and positive energy being sent to him will be greatly appreciated -- and the idea of hundreds of people swimming in his honor is a powerful one.

QUESTIONS?

Please contact Janel Jorgensen, Executive Director, Swim Across America at janel@swimacrossamerica.org or call (888) SWIM-USA. Swim Across America, Inc. is a non-profit organization created over 20 years ago to with the mission of raising money and awareness for cancer research, prevention and treatment. All checks should be payable to Swim Across America, and can be mailed to One International Place, Suite 4600, Boston, MA, 02110.