



# Informational Packet



[www.splashforcf.org](http://www.splashforcf.org)





Dear *Splash for CF* Supporter,

Thank you for your interest in hosting a *Splash for CF* event this summer! With your help, we will be able to raise money to support the fight against cystic fibrosis. As some of you may know, cystic fibrosis is a genetic disease that affects the lungs and digestive system. CF patients have to do chest therapies and take numerous pills each day just to stay healthy. CF is known as the #1 genetic killer of children, so it is extremely important to do all we can to fight this disease.

In this kit, you will find everything you need to know about hosting your very own *Splash for CF* event. It is so easy to do, and it's a lot of fun! Plus, you will have the chance to earn some really great prizes. Your swim team can turn one of its already scheduled practices into a *Splash for CF* day. If you are not on a swim team, that's ok. You can still swim laps to raise money or host a pool party for all of your friends. If you still have questions after you read through this packet, please do not hesitate to contact us. We are here to help you!

One of the really exciting things about *Splash for CF* is that 60% of the money you raise will stay at the CF Care Clinic in your local community. You will get the opportunity to select which CF Care Clinic you want to support. The remaining 40% will go to the *Laps for CF Foundation* to support other CF related causes such as research and family assistance.

Thanks so much for your support, and remember to have fun with *Splash for CF*. Your participation will truly make a difference in the lives of CF patients across the country.

Sincerely,

A handwritten signature in blue ink that reads "Stephanie Kite".

Stephanie Kite  
Director, Laps for CF  
205 871 9140  
[stephanie@lapsforcf.org](mailto:stephanie@lapsforcf.org)

A handwritten signature in black ink that reads "Emily Schreiber".

Emily Schreiber  
CF Patient & Founder, Laps for CF

### **What is the *Laps for CF Foundation*?**

The *Laps for CF Foundation* is a 501(c)3 nonprofit dedicated to raising awareness of cystic fibrosis (CF) and providing financial support in all areas of need for CF treatment, research, care, and improved quality of life. *Laps for CF* was started by Emily Schreiber, a 15 year old CF patient from Birmingham, AL. Emily was diagnosed with cystic fibrosis in 2003 when she was nine years old. Immediately she wanted to do something to help fight this disease. An avid swimmer at the time, she had the idea to swim laps to raise money. In her first year, Emily raised nearly \$60,000, and *Laps for CF* was born. Over the years, *Laps for CF* has added several events to its schedule including concerts, golf tournaments, and more. *Laps for CF* gives a large portion of the money it raises to the CF Care Clinic at Children's Hospitals. All CF patients have to visit CF Clinics for regular appointments and treatments and most experience periodic hospital stays. *Laps for CF* also financially supports the CF Foundation, which focuses on research, and CF Hope, which provides financial assistance to CF families. For more information, visit [www.lapsforcf.org](http://www.lapsforcf.org).

### **What is BioGuard *Splash for CF*?**

*Splash for CF* is a summer swim program sponsored by your local BioGuard Pool Dealer that allows individuals and swim teams across the country to host events to raise awareness and money for cystic fibrosis. Swimmers will collect donations for the laps that they swim from friends, family, teachers, coworkers, etc. Donations can be flat amounts or a pledge per lap. All donations are 100% tax deductible, and receipts will be mailed by the *Laps for CF Foundation*.

Each swim team or individual will determine the date that they want to host their *Splash for CF* day. For swim teams, it is best to do this on a regularly scheduled practice day. Each swimmer will be eligible to earn cool prizes from aluminum water bottles to iPods based on the money they raise, and each swim team that raises over \$3,000 will earn team prizes and pizza party for their entire team.

Don't want to swim laps? That's ok! You can host a *Splash for CF* pool party at your neighborhood or backyard pool. Invite all of your friends over to play pool games, and ask each person to make a donation to *Splash for CF* before they leave. Also, your local BioGuard pool dealer may be hosting *Splash for CF* events that you can be involved in. Visit [BioGuard.com](http://BioGuard.com) to find a dealer near you.

On the following pages, you will find step by step information and the necessary forms to host your *Splash for CF* event. If you have questions, please contact Stephanie at 205 871 9140 or [stephanie@lapsforcf.org](mailto:stephanie@lapsforcf.org).

### **What is Cystic Fibrosis?**

Cystic fibrosis (CF) is a chronic genetic disease where a defective gene and its protein product cause the body to produce thick, sticky mucus. This mucus clogs the lungs, leading to life threatening lung infections, and obstructs the pancreas; preventing natural enzymes from helping the body absorb and break down food.

Approximately 30,000 children and adults suffer from CF in the U.S., and it is known as the #1 genetic killer of children. Before 1990, very few children lived to attend elementary school. Now, the median life expectancy is 37. In less than 20 years, advances in research and treatment have extended the life expectancy of CF patients more than 30 years! Research and care improvement are truly making a difference.

## Pre Splash for CF Day Instructions

1. Talk to your swim coach to get approval to host a *Splash for CF* event. Remember this is a fun event for the team to do, plus it benefits a great cause. You can help make a difference in your community!
2. Decide what day you want to host your *Splash for CF* event. For Swim Teams, talk to your coach to pick a day. It is best to pick one when the most swimmers will be there. For individuals, pick any day that you want to swim laps or have people over for a party.
3. Register your *Splash for CF* event. Please register by completing the registration form included in this packet. You can also add your event to the event calendar on the *Splash for CF* website.
4. Distribute *Splash Pledge Forms* to each of the swimmers on your team. You will want to distribute these forms a couple of weeks before the *Splash for CF* day so that the swimmers have time to collect donations.
5. Set a team fundraising goal. Encourage each swimmer to set an individual goal as well. Remember that all teams who raise \$3,000 or more will earn team prizes and a pizza party. See prize information for individual prize structure.
6. Educate the team about cystic fibrosis, and how doing this will help improve the lives of a lot of kids.
7. Encourage swimmers to keep collecting pledges leading up to the *Splash for CF* day.

## Splash for CF Day Instructions

1. All swimmers should bring their *Splash Pledge Forms* to the *Splash for CF* day.
2. Recruit several volunteers to help count laps as the swimmers swim the laps they pledged to swim.
3. All swimmers will swim their pledged laps.
4. Record the number of laps each person swims on their *Splash Pledge Form*.
5. If you are hosting a pool party, collect donations from the people who come to your party.
6. Congratulate all swimmers! You did a great job!

## After Splash for CF Day Instructions

1. Set a deadline for turning in all donations. Inform swimmers that to be eligible for prizes, all money must be collected by this day. Your deadline should be within two weeks of the *Splash for CF* day.
2. Collect splash pledge forms and donations.
3. Complete the *Splash for CF* Summary Form and CF Center Designation Form.
4. Mail all forms and donations to: *Splash for CF*  
PO Box 1738  
Columbus, GA 31902 1738
5. Plan your congratulatory *Splash for CF* Party! If your team raised \$3,000, you will receive a pizza party. The *Laps for CF Foundation* will coordinate with you the best day to have the pizza party. Perhaps it will be held after practice one day. This also provides a great opportunity to distribute the prizes the swimmers earned. If your team did not raise enough to earn a pizza party, you can still have a *Splash for CF* party to distribute prizes. Just have a couple of the parents bring snacks after practice.

## Additional Information

### PRIZE STRUCTURE

#### Individual Swimmer and Pool Party Host Prizes

\$25 \$99:	Splash for CF Aluminum Water Bottle
\$100 \$499:	Splash for CF Aluminum Water Bottle & Beach Towel
\$500 \$1,499:	Splash for CF Aluminum Water Bottle, Beach Towel, & iPod shuffle
\$1,500+:	Splash for CF Aluminum Water Bottle, Beach Towel & iPod touch

#### Team Prizes

Each swim team that raises at least \$3,000 overall earns the following:

- 25 kickboards
- 25 buoys
- A pizza party for the entire team

The first ten swim teams to raise \$5,000 overall will earn:

- All of the \$3,000 level prizes
- BioGuard supplies or pool care products for your team pool
  - o (Your pool can pick what products/supplies you want, up to \$500 in value)

#### WAYS TO COLLECT PLEDGES

Ask for donations in person or over the phone. Be sure to learn a little about cystic fibrosis because people will want to know what they are making a donation for. People you can ask for donations include: parents, grandparents, friends, neighbors, parent's coworkers, teachers, etc. Letter Writing Campaigns: If you don't want to call people you can send them a letter or email telling them about what you are doing and asking them for a donation.

#### ADDITIONAL WAYS FOR YOUR TEAM TO RAISE MONEY

Your team can raise extra money by incorporating some of the following activities:

- Change jars: place a jar at the pool and encourage people to donate their loose change.
- Bake Sale: Everyone on the swim team can contribute some baked goods or snacks. Sell the snacks after practice for \$1.00 each.
- Solicit corporate sponsors for your Splash for CF event. Hang a sign at the pool advertising these companies on your *Splash for CF* day.

#### OTHER

- Spread the word about your support of Splash for CF play submitting an article for your swim team newsletter, neighborhood newsletter, and local newspaper.
- Compete with another swim team in your area to see who can raise the most money.
- Create posters or flyers to put up around the pool publicizing your Splash for CF day.
- Invite local celebrities (news anchors, radio DJs, athletes) to swim in or attend your event.



## Registration Form

To register an individual or team for a *Splash for CF* event, please complete the following form. Thank you for participating in *Splash for CF*! Please remember to also add your event to the event calendar on the website, [www.splashforcf.org](http://www.splashforcf.org).

Contact Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Swim Team Name: \_\_\_\_\_

Date of Splash for CF Event: \_\_\_\_\_

Expected Number of Participants: \_\_\_\_\_ Fundraising Goal: \_\_\_\_\_

Please return completed forms to Splash for CF by fax (205 877 8808) or email ([stephanie@lapsforcf.org](mailto:stephanie@lapsforcf.org)). If you have questions, please call 205 871 9140. Thank you!

## SPLASH PLEDGE FORM



Please have all supporters make their checks payable to *Splash for CF*. All donations are 100% tax deductible.

Swimmer Name \_\_\_\_\_ Swim Team \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Date of Swim \_\_\_\_\_ Parent/Guardian's Signature \_\_\_\_\_

Number of Laps Swam: \_\_\_\_\_

Please fill out the name, contact information, and amount pledged for each of your supporters. Please attach additional names on another sheet if necessary.

	Supporter Name	Address	City	State	Zip	Email	Pledge per Lap	Total Donation
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								
9.								
10.								
11.								
12.								
13.								
14.								
15.								
<b>Grand Total Amount Collected:</b>								

A receipt for all donations of \$25 or higher will be sent to your supporters at the addresses or email included above for tax deduction purposes.  
Participants under 18 must have this form signed above by their parent/guardian. By signing you agree to the following: I hereby signify that I understand that the Laps for CF Foundation, the swim club I am affiliated with, and all other sponsors, organizations, & persons connected with this event are not to be held responsible for any injuries which may occur while taking part or as a result thereof. In this connection, I hereby waive any claim for damages to my person or property. I agree to behave responsibly and with utmost regards to my safety and the safety of other swimmers.



**SPLASH SUMMARY FORM**

Name: \_\_\_\_\_

Swim Team: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Date of Splash for CF Event: \_\_\_\_\_

Please fill out the names of each of your swimmers as well as their total laps and total money collected. For each swimmer listed on this sheet, you should also include a Splash Pledge Form.

	Swimmer Name	Total Laps Swam	Total Money Collected
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			
20.			
	<b>GRAND TOTALS</b>		

Please attach additional names on another sheet if necessary. Return all donations, Splash Pledge Forms, Splash Summary Form, and CF Center Designation Form to:

**Splash for CF**  
**PO BOX 1738**  
**Columbus, GA 31902 1738**

**CFCENTER/HOSPITAL DESIGNATION FORM:** Please check the CF Care Center/hospital that you would like your donation to support. 60% percent of the money you raised will go to this CF Care Center. The remaining 40% percent will go to Laps for CF to support additional CF causes such as research, family assistance, and more. Note: Only hospitals with CF Care Centers are included. Please check only one box. Thank you.

Give 100% of my donation to the Laps for CF Foundation.

**ALABAMA**

- Children's Hospital/UAB (Birmingham)
- USA Children's Medical Center (Mobile)

**ALASKA**

- Providence Alaska Medical Center (Anchorage)

**ARIZONA**

- Phoenix Children's Hospital (Phoenix)
- Tucson CF Center (Tucson)

**ARKANSAS**

- Arkansas Children's Hospital (Little Rock)

**CALIFORNIA**

- Children's Hospital of Central California (Madera)
- Children's Hospital of Los Angeles/USC (Los Angeles)
- Children's Hospital Research Center (Oakland)
- Children's Hospital San Diego/UCSD (San Diego)
- Kaiser Permanente Medical Care Program (Oakland)
- Kaiser Permanente So. California (Panorama City)
- Loma Linda University Medical Center (Loma Linda)
- Miller Children's Memorial Med Center (Long Beach)
- Pediatric Diagnostic Center (Ventura)
- Stanford University Medical Center (Palo Alto)
- UC Davis Medical Center (Sacramento)
- University of California San Francisco (San Francisco)

**COLORADO**

- Children's Hospital of Denver (Denver)

**CONNECTICUT**

- Connecticut Children's Medical Center (Hartford)
- Yale University (New Haven)

**DELAWARE**

- Alfred I. DuPont Hospital for Children (Newark)

**DISTRICT OF COLUMBIA**

- Children's National Medical Center (Washington DC)

**FLORIDA**

- All Children's Hospital (St. Petersburg)
- Florida Pediatric Pulmonary Associates (Ft. Myers)
- Joe DiMaggio Children's Hospital (Hollywood)
- Miami Children's Hospital (Miami)
- Nemours Children's Clinic (Jacksonville)
- Nemours Children's Clinic (Pensacola)
- Nemours Children's Clinic (Orlando)
- St. Mary's Medical Center (West Palm Beach)
- University of Florida (Gainesville)
- University of Miami (Miami)
- University of South Florida (Tampa)

**GEORGIA**

- Children's Healthcare at Scottish Rite (Atlanta)
- Emory University (Atlanta)
- Medical College of Georgia (Augusta)

**IDAHO**

- St. Luke's CF Children's Special Health (Boise)

**ILLINOIS**

- Advocate Hope Children's Hospital (Oak Lawn)
- Carle Clinic Association (Urbana)
- Children's Memorial Hospital (Chicago)
- Loyola University Medical Center (Maywood)
- Lutheran General Children's Hospital (Park Ridge)
- Rush University Medical Center (Chicago)
- St. Francis Medical Center (Peoria)
- Southern Illinois School of Medicine (Springfield)
- University of Chicago (Chicago)

**INDIANA**

- Lutheran Hospital (Ft. Wayne)
- Riley Hospital for Children (Indianapolis)
- St. Joseph Regional Medical Center (South Bend)

**IOWA**

- Blank Children's Health Center (Des Moines)
- Mary Greeley Hospital, McFarland Clinic (Ames)
- University of Iowa (Iowa City)

**KANSAS**

- University of Kansas Medical Center (Kansas City)
- Via Christi, St. Francis Campus (Wichita)

**KENTUCKY**

- University of Kentucky (Lexington)
- University of Louisville (Louisville)

**LOUISIANA**

- LSU Health Sciences Center (Shreveport)
- Tulane University (Metairie)

**MAINE**

- Central Maine Medical Center (Lewiston)
- Eastern Maine Medical Center (Bangor)
- Maine Pediatric Specialty Group (Portland)

**MARYLAND**

- Johns Hopkins Hospital (Baltimore)

**MASSACHUSETTS**

- Baystate Medical Center (Springfield)
- Children's Hospital of Boston (Boston)
- Massachusetts General Hospital (Boston)
- UMass Memorial Health Care CF Center (Worcester)

**MICHIGAN**

- Children's Hospital of Michigan (Detroit)
- DeVos Women & Children's Center (Grand Rapids)
- Hurley Children's at Mott Health Center (Flint)
- MSU Center for Medical Studies (Kalamazoo)
- MSU CF Center (Lansing)
- University of Michigan Health System (Ann Arbor)

**MINNESOTA**

- Children's Hospital and Clinics (Minneapolis)
- University of Minnesota (Minneapolis)

**MISSISSIPPI**

- University of Mississippi Medical Center (Jackson)

**MISSOURI**

- Cardinal Glennon Children's Medical (St. Louis)
- Children's Hospital University of Missouri (Columbia)
- St. Louis Children's Hospital/Wash. Univ. (St. Louis)
- The Children's Mercy Hospital (Kansas City)

**NEBRASKA**

- University of Nebraska Medical Center (Omaha)

**NEVADA**

- Univ. of Nevada School of Medicine (Las Vegas)

**NEW HAMPSHIRE**

- Dartmouth Hitchcock Medical Center (Lebanon)

**NEW JERSEY**

- Goryeb Children's Hospital. (Morristown)
- Monmouth Medical Center (Long Branch)
- St. Barnabas Medical Center (Livingston)
- St. Joseph's Children's Hospital (Paterson)
- Bristol Myers Squibb Hospital (New Brunswick)

**NEW MEXICO**

- University of NM School of Medicine (Albuquerque)

**NEW YORK**

- Albany Medical College (Albany)
- Columbia University (New York City)
- Good Samaritan Hospital (West Islip)
- Long Island College Hospital (Brooklyn)
- Mt. Sinai School of Medicine (New York City)
- NY Med. College/Westchester Med. Cen. (Valhalla)
- St. Vincent's Catholic Medical Center (NYC)
- Samaritan Medical Center (Watertown)
- Schneider Children's Hospital (Great Neck)
- SUNY Upstate Medical Univ. (Syracuse)
- University Medical Center (Stony Brook)
- Univ. of Rochester Medical Center (Rochester)
- Women & Children's Hospital (Buffalo)

**NORTH CAROLINA**

- Asthma & Allergy Specialists (Charlotte)
- Duke University Medical Center (Durham)
- Mission Children's Clinic (Asheville)
- Univ. of North Carolina (Chapel Hill)
- Wake Forest Univ. Baptist Medical (Winston Salem)

**NORTH DAKOTA**

- Heart & Lung Clinic (Bismarck)
- MeritCare Medical Center (Fargo)

**OHIO**

- Children's Hospital Medical Center (Akron)
- Children's Hospital Medical Center (Cincinnati)
- Nationwide Children's Hospital (Columbus)
- Rainbow Babies & Children's Hospital (Cleveland)
- Children's Medical Center (Dayton)
- Children's Hospital/NW Ohio CF Center (Toledo)

**OKLAHOMA**

- Children's Hospital of Oklahoma (Oklahoma City)
- Oklahoma CF Center (Tulsa)

**OREGON**

- Kaiser Permanente Northwest Region (Portland)
- Oregon Health & Sciences Univ. (Portland)

**PENNSYLVANIA**

- Children's Hospital (Philadelphia)
- Children's Hospital (Pittsburgh)
- Geisinger medical Center (Danville)
- Hershey Medical Center (Hershey)
- Lehigh Valley Hospital (Bethlehem)
- St. Christopher's Hospital for Children (Philadelphia)

**RHODE ISLAND**

- Brown Univ. Rhode Island Hospital (Providence)

**SOUTH CAROLINA**

- Children's Respiratory Center (Greenville)
- Medical University of South Carolina (Charleston)
- Pediatric Pulmonary Associates (Columbia)

**SOUTH DAKOTA**

- Sioux Valley Hospital/Univ. of SD (Sioux Falls)

**TENNESSEE**

- East Tennessee Children's Hospital (Knoxville)
- T.C. Thompson Children's Hospital (Chattanooga)
- LeBonheur Children's Medical Center (Memphis)
- Vanderbilt Children's Hospital (Nashville)

**TEXAS**

- Allergy Alliance of the Permian Basin (Midland)
- Baylor College of Medicine (Houston)
- Children's Hospital at Scott & White (Temple)
- Dell Children's Medical Center (Austin)
- Children's Medical Center of Dallas (Dallas)
- CHRISTUS Santa Rosa Health Care (San Antonio)
- Cook Children's Medical Center (Ft. Worth)
- Univ. of Texas Health Center (Tyler)

**UTAH**

- Intermountain CF Center (Salt Lake City)

**VERMONT**

- Children's Specialty Fletcher Allen (Burlington)

**WASHINGTON**

- Children's Hospital & regional Med. Center (Seattle)
- Deaconess Medical Center (Spokane)
- Mary Bridge Children's Health Center (Tacoma)

**WEST VIRGINIA**

- Mtn.St. Univ. CF Center/WV St. Univ. (Morgantown)
- WV Univ. Charleston Division (Charleston)

**WISCONSIN**

- Children's Hospital of Wisconsin (Milwaukee)
- Gundersen Lutheran Medical Center (La Crosse)
- Marshfield Clinic (Marshfield)
- St. Vincent's Hospital (Green Bay)
- University of Wisconsin (Madison)