



THE NORTHERN OHIO CHAPTER OF THE
LEUKEMIA & LYMPHOMA SOCIETY

LEUKEMIA CUP REGATTA AQUATHON

COACH'S & SWIMMER'S GUIDE

THE LEUKEMIA CUP REGATTA AQUATHON

For 26 years, participants have been sailing, powerboating, and paddling in communities throughout Northeastern Ohio in support of The Leukemia & Lymphoma Society. The four day long Regatta encompasses a variety of events all with the goal of helping to fund life-saving research and treatments for blood cancers. Over \$2 million has been raised since the first Regatta was hosted in 1993 at the Cleveland Yachting Club.

The Leukemia Cup Aquathon asks swimmers to get involved in our fight against blood cancers by doing exactly what they love doing most...swimming.

HOW YOU ARE HELPING

The amount of laps swimmers can do during a practice is pretty amazing., but using that same amount of laps towards a cure for cancer is life-changing. Every 3 minutes another individual is diagnosed with blood cancer and every 9 minutes a blood cancer patient loses their battle. Funds raised by simply doing what swimmers do best goes directly towards dramatically reducing those who have to hear that diagnosis and improve the quality of life and outcome for those currently fighting the hardest battle of their lives.

GETTING STARTED

1

REGISTER YOUR TEAM:

This can be done by visiting our Aquathon website:

<https://www.leukemicup.org/events/cleveland-leukemia-cup-aquathon>

OR by emailing emily.koudelka@lls.org

2

SCHEDULE YOUR AQUATHON:

Your aquathon can be held any time from April 1st through July 19th.

Aquathons can be hosted during a regularly scheduled practice or pool time for your convenience. Once you have checked your calendar, email emily.koudelka@lls.org with your Aquathon date.

3

COLLECT PLEDGES OR DONATIONS:

Each participating swimmer should ask family, friends, etc., for support in their endeavor. Swimmers have the options of collecting pledges per lap they swim, or a donation for completing the Aquathon as a whole, leading up to the scheduled event.

4

HOST YOUR AQUATHON:

On the scheduled day, set aside your allotted time for your swimmers to complete their laps. Ask volunteers or other swimmers to help keep track of each lap swum. Collect all your totals and turn them into an LLS staff or volunteer who will be present.

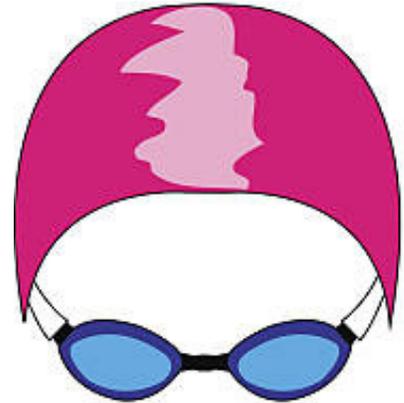
THE PRIZES

Everyone wins when cancer loses, but swimmers also have the chance to earn prizes for the levels they raise.



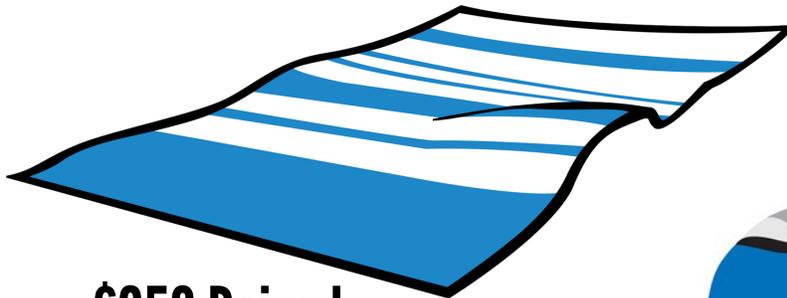
\$25 Raised:

Swim Bag Tag



\$100 Raised:

Silicon Swim Cap



\$250 Raised:

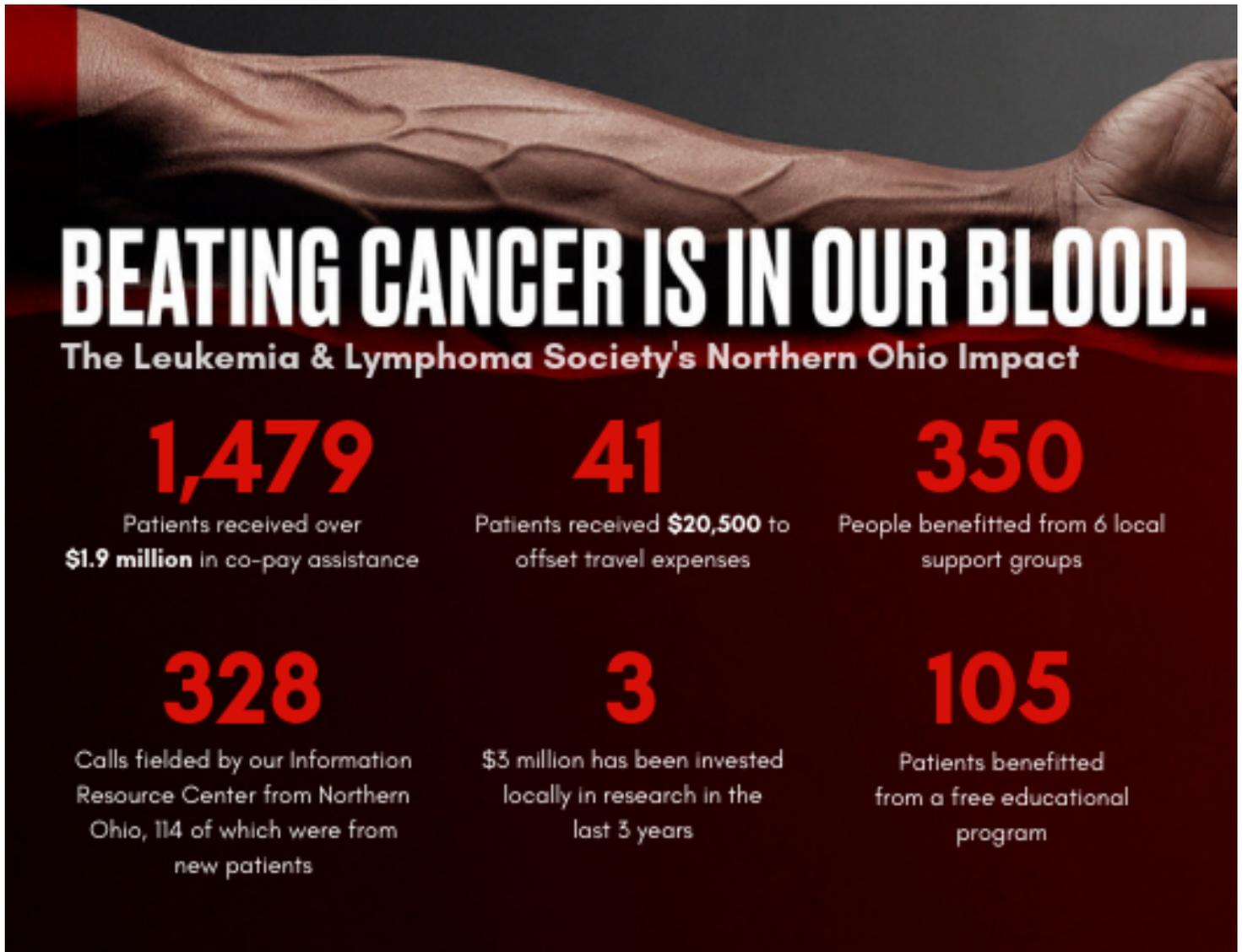
Aquathon Towel



\$500 Raised:

Swim Bag

WHERE THE FUNDS GO



FOR MORE INFORMATION:

Please reach out to [Emily.Koudelka @lls.org](mailto:Emily.Koudelka@lls.org), 216.543.5131