



HSC SPONSORED SWIM AND SLEEPOVER

FRI 15TH NOV.

THE CHALLENGE – HOW FAR CAN HSC SWIM IN 12 HOURS?

Option 1 – Swim individually for either 30 mins/1 hour.

Option 2 – Swim as a relay team, max 6, for 2 hours.

25% of sponsorship to be donated to...



BBQ AND REFRESHMENTS.



COACH/COMMITTEE TEAM SPONSORED BY FUSION

Roger – How do I do Butterfly in a Sleeping Bag???

