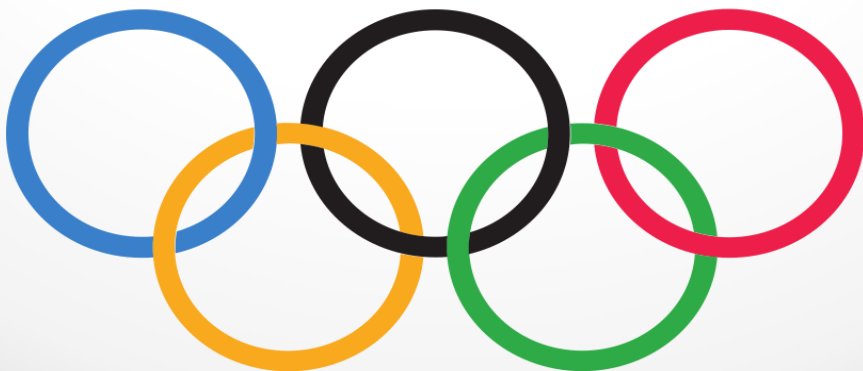




TOKYO 2020 **1**





ORCA AT THE OLYMPICS

ORCA 2021 Challenge – to reach the 2021 Tokyo Olympics

It was going to be the 2020 Olympics, but 2020 has been impacted worldwide by the global pandemic. The ORCA swimmers cannot train, and the club is determined to rebuild and get back to its former glory.

The lack of swim training means that the swimmers are missing both the physical exercise, connections with the other swimmers and the connection to the club.

The Club has also missed the interaction with the swimmers, Parents / Guardians and of course have financial outlays continuing without the club in operation. Future restrictions will ease, but we are operating with reduced capacity, increase in pool hire fees, unable to recruit new members and of course hold swimming events that may help fundraise for the club.

All of the Annual membership fees, monthly fees and monies raised through fundraising and donations is used for the benefit of the swimmers. Pool fees take the vast majority of the monthly fees, membership to Swim England and Central Lancs take the vast majority of the annual fees.

So – we have a challenge for you all:



ORCA AT THE OLYMPICS

ORCA 2021 Challenge – to reach the 2021 Tokyo Olympics

In the spirit of the new “Virtual World” and as a club competing together, the challenge is for ORCA to (virtually) go to the Tokyo 2021 Olympics.

The distance from Royton Leisure Centre to the Tokyo Aquatics Centre is 8,243 Miles, Walking, Running, Cycling, Swimming. International Air Travel is banned, and cars are just cheating. Walking to the stadium from Royton takes 106 days – the opening ceremony is on Friday 23 July 2021 – so we have plenty of time to get there. We start walking Saturday 13th February 2021 and we will have 160 days to get there.



Is this achievable? : Like any challenge in life you need to break it down into sections. A distance of 8,243 miles – we have 160 days so that is only 52 miles per day. We have over 80 swimmers and with parents and committee, we could each do this by walking only 1 mile per day.



ORCA AT THE OLYMPICS

ORCA 2021 Challenge – Rules of the challenge

Of course you can't just go to the Olympics – you need to prepare – you need to train – and you need sponsorship.

The Challenge is issued today to ALL swimmers, Parents, Guardians, Committee members and Coaches.

So here are the rules of the challenge

By the 28th February 2021

Download the Sponsorship form and look to get your friends, family, school friends, work friends to sponsor you on this epic adventure

Decide how you want to do this challenge, find a walking route – get some time on a treadmill – service your bike - download a fitness tracker app on your phone.

Go practice, walk the route, make sure your training prepares you for the event.

Send an email to olympics@orcaswimming.club and say that you are in. Please also let us know what you plan to do, if you have sponsorship and that your parent / guardian gives permission to use your name on the website.



ORCA AT THE OLYMPICS

ORCA 2021 Challenge – Rules of the challenge

We set off on Saturday 13th February 2021 – start of School Holidays

Small walks daily

Weekend family outings

Workout on a treadmill

Swimming distances (when we re-open)

The sponsorship form is split into weekly sections – log the number of miles on the form each day and total your weekly travels.

Send an email each week (or whenever you get time) to let us know the distance you've covered to olympics@orcaswimming.club. If you miss a week – just update us with the missing week(s) and we can keep track of our progress. We will put progress on the website and let you see where we have all got to as the weeks go by.

Finish date is the Opening Ceremony date of the Olympics – Friday 23 July 2021, where we will total how far we have got on our travels.

When finished, collect your sponsorship money and we will gladly receive anything that you have achieved.



ORCA AT THE OLYMPICS

ORCA 2021 Challenge – Some things to consider.

8,243 miles is a long way – but don't worry – if we do it together we can achieve it – but consider your part on the sponsorship – don't get sponsored for an amount per mile that totals up to something unaffordable. Pence per mile or a fixed amount / limit would be advisable.

Find a route that is safe, or an activity you are confident with – we don't want anybody doing anything that is not within their capability or causes risk. Family walks are good, improves mental health and exercise.

1 mile walking takes about 20 minutes – if you can spare an hour each weekend for a walk that would be 3 miles per week – over the course of the challenge that would be over 60 miles towards the total.

800m (32 lengths) of swimming is 0.5 miles – over the course of the challenge that would be another 10 miles towards the total.

These all add up to the overall goal. Every little helps.



ORCA AT THE OLYMPICS

ORCA 2021 Challenge – Come Join In

Even if you can only get a little sponsorship – please join in. We will not be publicising any individual sponsorship money, just their achievements.

If you think you can only do a little towards the goal, that little may be the last part of the journey.

Each individual doing their bit, all adds up to the team achieving the goal.

We will keep an update weekly on the orcawimming.club/olympics website on progress – individually and as a total for the team.

It's a bit of fun, a bit of exercise, and a little help towards the club funds.

If you do not want your name using on the website – let us know and we wont – we will put an “others” line in and add them together to show the progress of all of the people as a combined figure.

All monies raised will be used for the club funds, for the swimmers and nothing else.