Seton Swim Team Cystic Fibrosis Lap-a-thon

Welcome to the annual New Year's Eve Seton Swim Team Cystic Fibrosis Lap-a-thon!

This year the event will be held at the Freedom Center from 11:30 a.m. to 1:30 p.m.

We'll all swim 200 lengths of the pool while raising money for Cystic Fibrosis. The swimming part will be easy (well sort-of), but here's what you have to do to get going on your fundraising:

- Start at this link: https://support.hopkinschildrens.org/CFlapathon
- Click "Register"
- If you are Captain, Choose "Create a Team"
  - Name your team after yourself, for instance "Team Shane"
- If you are not a Captain, choose "Join a Team"
  - Use the pull-down menu to find the team that has been set up by your Captain
  - For instance, if you on are Shane Koehr's team, they you would select "Team Shane"
- Click "Complete Registration"
- Click "Continue"
  - That creates your Personal Fundraising Page
- In the Pop-up window, you can create a custom URL
  - For example, https://support.hopkinschildrens.org/CFlapathon/CoachKoehr
- You can edit your page by clicking on the "My Page" tab
  - On the right, you'll see a box titled "Edit My" to edit the key information on your page, including your welcome message. My welcome message simply says:

    Thank you for visiting. This cause is very dear to me, and I'll appreciate all the support I can get!

    We've had several swimmers on the Seton Swim Team with CF over the years. Together we can make a difference!

    Best,

    Coach Koehr

- o You can also click on the large blank box at the top of your page and insert a photo
- To set up your ability to e-mail fundraising requests, click on the E-Mail tab
  - o It will ask you to send a Verification e-mail
  - o Once you receive that e-mail, click on the verification link and you'll be ready to go.
- Go back to the E-Mail tab to start sending fundraising e-mails
  - o Select "Promote" on the menu bar
    - It should already be selected by default
  - o Click "Add Friends Manually"
    - Add an e-mail address in the first blank box and then a name in the box labeled "Greeting"
    - For example, coach@koehrfamily.com and "Coach Koehr"
    - Click "Add E-Mail"
    - Repeat
  - o Fill in the Subject line with something like "Cystic Fibrosis Swim-a-thon"
  - o Fill in the text of your fundraising e-mail. The greeting will be filled in automatically, so there is no need to include one.
  - o Here's an example of what I sent to some of my friends:

    Please visit my personal page
    https://support.hopkinschildrens.org/CFlapathon/CoachKoehr

    Every year, the swim team I coach has a swim-a-thon for Cystic Fibrosis. Believe it or not, we've had a number of kids on our team that have the disease.

    I would be grateful if you could hit the link above and make some small donation to help me demonstrate to the kids how this is done?

    Jim
  - o At the bottom, you can click on "Save Template" so you don't have to retype the message the next time
    - You can just name the template "Template" or "Family" or anything like that.
  - o Then at the bottom, click on "Review E-Mail"
    - If you like what you see, click "Send E-mails" and watch the money come in