



## FREQUENTLY ASKED QUESTIONS

### What is the MS Mighty Swim?

The MS Mighty Swim involves relay teams of up to 20 people swimming for 24 hours. Participants are asked to get sponsorship for laps swum or donations to support people living with MS. Funds raised from the MS Mighty Swim supports the MS Choice Awards which provides direct and immediate support for people living with Multiple Sclerosis.

### Where is the Event?

The 2012 MS Mighty Swim is held at the Unley Swimming Centre (Ethel Street, Forestville) [click here](#) for directions.

### How much does the event registration cost?

Adults: \$40  
Children: \$30

### What do I get for my registration fee?

- The MS Mighty bag which includes swim cap and drink bottle
- State of the art online fundraising tools that are easy to use
- Massage service
- Food voucher which entitles each participant to **two** meals (can be used throughout the 24 hours)
- The opportunity to support people living with MS

### Will there be any merchandise available to buy, and how do I purchase this?

When you register online there will be an option to purchase an MS MIGHTY SWIM T-Shirt, an option is also available on the printed version of the entry form.

TEAM MS Shirts are available from our website store ([click here](#))

### How many people can I have on my team?

You can have up to 20 participants per team, with the exception of TEAM MS.

### What is TEAM MS?

TEAM MS is for anyone who has Multiple Sclerosis, anyone that has a disability or needs assistance to swim. Any queries specifically related to TEAM MS please contact your team captain, Lee O'Connell on (08) 8360 0800

### I would love to participate in the event but I don't belong to a team, what can I do?

There are a number of teams who don't have 20 people and are eager for more swimmers. Once you have submitted your entry form the Event Coordinator (Emily Polomka) will contact team

**Seeking the cure. Providing the care.**



captains looking for swimmers and put them in touch with you. If you would like further clarification before you register please contact Emily Polomka on (08) 7002 6502 or e mail [epolomka@ms.asn.au](mailto:epolomka@ms.asn.au).

### **Where can I get a printed copy of the MS Mighty Swim entry form?**

You can download a copy by [clicking here](#).

*\* Team captains: If you have any team members without internet access, you will be able to print this form for completion and signature.*

### **What should I do with my form once I have completed everything?**

Once you have completed the registration form, please post your form and fees to:

The MS Society of SA & NT

**Attn: Emily Polomka – MS Mighty Swim**

PO Box 377

Salisbury South DC

SA 5106

### **How can I prepare for the MS MIGHTY SWIM?**

To help clients prepare for the MS Mighty Swim we are holding some lap swimming sessions in a 50m pool. Lap Swimming at Payneham Pool starts on the 15<sup>th</sup> November 2011 and occurs every Tuesday until the MS Mighty Swim event. Please note: There is hoist & step access and a qualified Masters Swimming Coach available. [Click here for further details](#)

### **During the 24 hours do I have to bring my own food?**

Participants are more than welcome to bring extra food with them, however a food voucher which entitles each participant to **two** meals will be found in your MS Mighty Bag. The voucher can be used throughout the duration of the 24hr event.

### **Do I need to be there for the whole 24 hours?**

No, but you are more than welcome to stay and cheer on your team mates. Each team captain will be responsible for working out a swimming (and lap counting) roster. Speak with your team captain for more information.

### **Are there any rules?**

Yes, you will need to observe the following safety rules and etiquette - [click here](#)

### **I am unsure on how to raise funds, is there information available that may assist me?**

We have a helpful fact sheet on fundraising - [click here](#)

### **I don't know enough about Multiple Sclerosis, where can I find more information?**

[Click here](#) for all the information you will need.

### **Why are sponsorships so important?**

You are making a valuable difference to someone's life. Funds raised through the MS Mighty Swim go towards supporting people with MS living in South Australia and Northern Territory.

### **If I sponsor someone, can I get a receipt so that the donation is tax deductible?**

Yes, any donation \$2 and over is tax deductible. All participants have been issued with MS SA & NT



receipt books and can issue a receipt on the spot. Alternatively, you can sponsor a participant online,

**I've heard that funds raised support the MS CHOICE AWARDS, what are these awards?**

The [MS Choice Awards](#) are given to people living with MS, applicants have the chance to choose their award - it could be following a dream or something that may change their lives, the choice is theirs.

**I have MS, and would like to apply for the MS Choice Awards, what should I do?**

Contact Emily Polomka on (08) 7002 6502 or email [epolomka@ms.asn.au](mailto:epolomka@ms.asn.au)

**I know friends with MS, is there a way I can help more regularly?**

Regular giving is a simple and effective way to give a regular donation and can be done on a fortnightly, monthly, quarterly or annual basis. Regular Giving is easy and flexible - a regular amount that you've chosen is automatically debited from your credit card or bank account. You can increase or decrease your monthly donation or cancel at any time.

For more information contact [regulargiving@ms.asn.au](mailto:regulargiving@ms.asn.au)

**I would like to volunteer my time for the MS Society, who can I contact?**

Contact Kirsten Alderson on 7002 6500 or email [kalderson@ms.asn.au](mailto:kalderson@ms.asn.au)

