



HAILSHAM SWIMMING CLUB

**25 DAYS OF CHRISTMAS**

***SPONSORED FITNESS ACTIVITY  
FUNDRAISING INITIATIVE FOR THE CLUB***



# Individual Sponsored Activity to Raise Funds for the Swimming Club

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Supplement your normal training plan | Closed Book | Tick when each session is completed | Pencil | Enjoy the Activities and Keep Fit | Aspiration |  |

**Complete all activities on the date for the specified amount of time indicated in the table below, reducing from 25 mins of activity on 1 December to 1 minute of activity on Christmas Day. Make sure you warm up appropriately before the start of each activity.**

A person sitting in front of a mirror posing for the camera

Description automatically generated**A person swimming in the water

Description automatically generatedGain sponsorship from friends, family members and others to complete all**

**of the activities. The individual who gains the most amount of sponsorship**

**for the Club will win access to Chris Cook’s on-line programme and an**

**individual mentoring session in the new year, together worth around £200.**

**Other potential prizes for sponsorship raised will be announced in due course.**

**Submit your personal sponsorship money to the Club’s fundraising account: Sort Code: 40-20-06 Account No. 62216116 And send your form to chairman@ailshamswimmingclub.org**

| Tick\* | Date | Duration | Activity |
| --- | --- | --- | --- |
| □ | 1 Dec | 25mins | Non-stop run or jog |
| □ | 2 Dec | 24mins | Star Jumps (30 secs on, 30 secs off) |
| □ | 3 Dec | 23mins | 23 squats, 22 sit ups, 21 squats, 20 sit ups….all the way down to 1 (slow and controlled) |
| □ | 4 Dec | 22mins | Fast paced walk (recovery) |
| □ | 5 Dec | 21mins | 21 step ups and rest (off 60 secs) x 21 times through |
| □ | 6 Dec | 20mins | (20 squats, 20 lunges, 20secs rest) x 20 times through |
| □ | 7 Dec | 19mins | 19 squat thrusts, rest 15 secs, 18 squat thrusts, rest 15secs…..all the way down to 1 (slow and controlled) |
| □ | 8 Dec | 18mins | 18 tricep dips, 18 press ups (wide and controlled), 30 secs rest (repeat until 18mins is up) |
| □ | 9 Dec | 17 mins | 17 mins of good quality stretching and flexibility (recovery) |
| □ | 10 Dec | 16 mins | 16 burpees, rest for remainder of 1 min (reduce by one each minute eg. 15,14,13,12 and so on each minute) |
| □ | 11 Dec | 15 mins | 50m shuttle runs (alternating sprints, fast paced walk and jog) |
| □ | 12 Dec | 14 mins | Swimmers (on front of body, arms and legs alternating, 40 secs on, 20 secs off) |
| □ | 13 Dec | 13 mins | Mountain Climbers (30 secs on, 30 secs off) |
| □ | 14 Dec | 12 mins | 12 bear crawls, rest 10 secs, 11 bear crawls, rest 10 secs…and so on down to 1 (slow and controlled) |
| □ | 15 Dec | 11 mins | 11 jumping squats, 11 crunches (rest until 60 secs is up) x 11 times through |
| □ | 16 Dec | 10 mins | 10 walking lunges (alternate legs moving forward), rest 10 secs x 10 times through |
| □ | 17 Dec | 9 mins | Abdominals work out – 30 secs plank, 30 plank ups elbows to press up position, 30 secs rest (repeat for duration for 9 minutes) |
| □ | 18 Dec | 8 mins | Meditation and Yoga (Recovery) |
| □ | 19 Dec | 7 mins | 10 shoulder V Press Ups, rest 30 secs (continue for 7 minutes) |
| □ | 20 Dec | 6 mins | 6 minute run at fast pace (record distance) |
| □ | 21 Dec | 5 mins | Burpees (40 secs on, 20 secs off) |
| □ | 22 Dec | 4 mins | Sit Ups (50 secs on, 10 secs off) |
| □ | 23 Dec | 3 mins | Press Ups (50 secs on, 10 secs off) |
| □ | 24 Dec | 2 min | Continuous front plank |
| □ | 25 Dec | 1 min | Wall Sit (90 degree angle of knees sat against wall with flat back) |

Logo

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PLEASE SUBMIT THE AMOUNT OF SPONSORSHIP YOU HAVE RAISED TO THE CLUBS FUNDRIAISING ACCOUNT BEFORE **SATURDAY 23 JANUARY 2021** WITH A COPY OF YOUR SPONSORSHIP FORM TO [chairman@hailshamswimmingclub.org](mailto:chairman@hailshamswimmingclub.org)

**MY PERSONAL SPONSORSHIP FORM HAILSHAM SWIMMING CLUB: 25 DAYS OF CHRISTMAS**

|  |  |  |  |
| --- | --- | --- | --- |
| Name |  | Total Amount of Sponsorship (£) |  |
| Group |  |  |  |
|  | Name of Sponsor | Amount Sponsored | Received: Yes/No |
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|  | Add more rows as necessary |  |  |

**Once completed, collect your sponsorship and submit it to the Swimming Club’s Fundraising account (details above) before Saturday 23 January, and forward the sponsorship form to** [**chairman@hailshamswimmignclub.org**](mailto:chairman@hailshamswimmignclub.org)