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### Little Women Swim-A-Thon



On May 4, 2008, between 7 and 8:00 AM, 33 Competitive swimmers from the **Nepean Synchro Swim Club** swam a total of 3032 laps in the Nepean Sportsplex 25 meter pool as a fund raiser for the nonprofit organization "*Little Women for Little Women in Afghanistan*", an affiliate of **Canadian Women for Women in Afghanistan**.

The Little Women organization was founded by Alaina Podmorow, a then Grade 4 student in BC's Okanagan Valley about 1½ years ago. Since then the organization, whose motto is "*Education=Peace*" has raised thousands of dollars for teacher's salaries in Afghanistan.

The swim-a-thon held by Nepean Synchro came to be as a result of one of the club's swimmers, Christina Chin, a Grade 5 student at North Gower-Marlborough Public School whose class was part of a pilot project in the OCDSB, sponso red by the Bell's Corner's Rotary Club called "Who Is Nobody". The project's goal was to provide an opportunity fo r students to make a difference in their community by using their interests and abilities, to help others.

In her 3rd year as a competitive swimmer with Nepean, Christina is very aware of how fortunate she is to be a part of both the club and the sport. Because synchronized swimming is an all female sport, Christina decided to ask the Head Coach at Nepean Synchro, Jessica Graham, if the club might hold a swim-a-thon as a fund raiser for "*Little Women*". Jessica agreed and the event was a great success, raising just under \$1000.00 at the event! For more information about the organization, please go to [www.littlewomenforlittlewomen.com](http://www.littlewomenforlittlewomen.com)



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