



MEDIA RELEASE
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Dive in and be a Super Swim Hero for Sick Kids this February

[Starlight Children's Foundation](#) (Starlight) is encouraging all Australians to dive in and swim for a good cause during its fourth annual [Super Swim](#) challenge.

From 1 February through to 28 February 2023, Australia's favorite online swim challenge will aim to raise \$2 million to brighten the lives of over 51,000 sick kids.

Regardless of age and fitness level, all Australians are welcome to participate in the Super Swim challenge and can do this at a location of their choice – their pool, the beach, a lake, or local swim centre. Participants will raise funds to support Starlight's vital hospital services including [Captain Starlight](#) and [Starlight Express Rooms](#) nationally and its community [Wishgranting](#) program.

Super Swim is passionately championed by former professional athletes and Starlight ambassadors, Brooke Hanson OAM, Mick Fanning OAM, Libby Trickett OAM, Kieren Perkins OAM, English Channel World Record Holder Chloe McCardel and Australian Olympic diver Sam Fricker. And with the Super Swim powered by Speedo, their roster of Olympic, Paralympic and Commonwealth medalists will be taking part, including Olympic Gold Medalist Zac Stubblety-Cooke.

Starlight Ambassador Brooke Hanson OAM said "Starlight has a special place in my heart as it's supported my family during some extremely tough days in hospital,"

"Whether it's just a hand on your shoulder to say, 'it's okay' or having a cup of tea in the Starlight Express Room, it really does make a difference and I've witnessed it firsthand."

"So, next February I encourage you to grab your Speedos and join me for this year's Super Swim. Together we can make a difference for sick kids and their families."

Starlight CEO Louise Baxter said: "Being seriously ill shouldn't mean missing out on the joy of childhood. Especially when evidence shows happiness makes a difference to a child's ability to cope and their long-term health outcomes. Starlight has been there for sick kids when they need it most and there are no fewer sick kids who need the fun, joy and laughter Starlight brings."

"Raising funds to support Starlight through Super Swim is a win, win. It's a fantastic opportunity to get active, look after your own health, boost your mood and enjoy Australia's beautiful beaches, pools and waterways, while supporting sick kids at the same time."

Super Swim participants will join a fundraising community of thousands as they attempt to beat their personal swimming goals and replicate the success of this year's event, which raised over \$2 million for Starlight.



Those taking part can track the distance they've swum, either manually or via fitness app Strava, encouraging friends and family to show their support and donate for every kilometre or lap swum to help them reach their fundraising goal.

Participants will be continuously supported throughout the challenge with fundraising and training tips and will be rewarded for their fundraising efforts with branded merchandise and other prize incentives.

Registrations will be open throughout February, with participants able to complete their swim challenge anytime throughout the February 1 - 28 timeframe.

The challenge is once again proudly supported by Super Swim partners Speedo and next February, select Speedo-affiliated aquatic centres* across Australia are providing free swims throughout the month to all Super Swim participants.

Simply set up a free profile, start fundraising and go the distance - the bigger the splash, the bigger the impact.

Be a Super Swim Hero for sick kids and sign up today, visit: www.superswim.org.au

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For more information, please contact:

Kyla-Rose Booth | GoodPR | kyla@goodpr.com.au | 0406 104 185

Patty Barrett | GoodPR | patty@goodpr.com.au | 0424 324 181

About Starlight Children's Foundation

Starlight Children's Foundation brightens the lives of seriously ill and hospitalised children and young people by replacing pain, fear and stress with fun, joy and laughter. Since its establishment in 1988, Starlight has expanded to become the broadest reaching children's charity in Australia and was awarded the number one most reputable children's charity in Reptrak's 2021 Charity Reputation Index. There is now a Starlight Express Room in every major children's hospital across Australia and 176 Captain Starlights nationwide. In 2021, Starlight granted over 300,000 positive Starlight experiences for children, teenagers and their families and nearly 800,000 Fun with Captain Starlight experiences.

www.starlight.org.au

About Speedo®

The world's leading swimwear brand, Speedo® is passionate about life in and around the water. From learn to swim through to swimming for fitness our mission is to inspire people to swim, and we aim to do that by encouraging healthy activity of swimming. Born in 1928 on and around Bondi, Speedo has natural affinities with the beach and the pool. We have swimwear and equipment for people of all ages to do all sorts of water activities. We create revolutionary new technologies, designs and innovations, and support swimming from grass-roots through to the elite level. Speedo® is owned by Speedo Holdings B.V and distributed in over 170 countries around the world. To find out more visit: www.speedo.com.au