



MEDIA RELEASE
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Starlight's *Super Swim* challenges Aussies to dive in for Starlight

As part of its third annual [Super Swim](#) challenge, [Starlight Children's Foundation](#) (Starlight) is encouraging Australians around the country to make a positive splash to give back to sick kids.

Held from 26 January through to 24 February 2021, participants in the Starlight Super Swim Challenge will join a fundraising community of thousands as they attempt to beat their personal swimming goals and replicate the success of this year's inaugural event, which raised more than \$720,000 for the charity.

Regardless of age and fitness level, all participants are welcome. By completing a swim at a location of their choice – either their pool, the beach, a lake, or local swim centre – participants will raise funds to support Starlight's [Captain Starlight](#) and [Starlight Express Rooms](#) services nationally.

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

Supported by Speedo and former professional athletes and proud Starlight ambassadors Mick Fanning OAM, Libby Trickett OAM and Kieren Perkins OAM, the initiative encourages all Australians to get active for a good cause.

"Starlight Express Rooms create such a positive and happy atmosphere for kids in hospitals – inside the rooms they get to be a kid again and that deserves to have as much help and support as it possibly can," said Libby Trickett.

"They say, 'laughter is the best medicine' and Captain Starlights definitely provide that to hospitalised kids every single day."

Also supporting the Starlight Super Swim are professional triathletes Craig Alexander, Emma Jeffcoat and Melissa Hauschildt, open water marathon swimmer Chloe McCardel, freestyle swimmer Lani Pallister, and former competitive swimmer Brooke Hanson OAM.

Every minute of every day a child is admitted to hospital in Australia. What comes next for thousands of children is a lifechanging diagnosis – many facing months on end of treatment and hospital stays.

The current health situation and ongoing restrictions are impacting hospitals and sick kids in the community like never before. The need to bring joy and positive distraction to sick children has never been greater.



Starlight CEO Louise Baxter said: "Starlight has been there for sick kids throughout the challenging situation we've all faced in 2020. Only with the help of the community can we continue to be there for sick kids when they need it most.

"Starlight's challenge is that every dollar spent on our vital services must first be raised and Starlight relies on the generosity of the community. As little as \$39 will give a sick child access to our vital hospital services.

"The impact of 2020 has devastated Starlight's fundraising and the future is full of uncertainty. With your support, we can ensure every seriously ill child has access to the happiness that is so essential to their health and wellbeing. Why? Because happiness matters," she added.

Aiming to raise \$1 million, the funds from Australia's favourite virtual swim challenge will go towards delivering happiness to over 25,600 sick kids across Australia.

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

Registrations continue through to February 2021, with participants able to complete their swim challenge anytime throughout the January 26 to February 24 timeframe.

To participate in the Starlight Super Swim challenge as an individual, squad or via a kids' swim school, sign up at www.superswim.org.au.

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

To find out more, visit: www.superswim.org.au

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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. There is now a Starlight Express Room in every children's hospital and Captain Starlight program nationwide.

www.starlight.org.au



superswim.org.au