



MEDIA RELEASE
December 2023

Make a Splash for Sick Kids this February with Starlight's Super Swim

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

From 1 February through to 29 February 2024, Australia's biggest national charity swim challenge will aim to raise \$7 million to brighten the lives of over 180,000 sick kids accessing Starlight's hospital programs.

Every minute of every day a child is admitted to hospital in Australia. In that moment, they often receive a diagnosis that turns their world upside down. Suddenly, smiles disappear, and life is filled with hospital, doctors, needles and pain.

Funds raised from the Super Swim challenge will directly support Starlight's vital hospital services, including [Starlight Express Rooms](#) and [Captain Starlight](#), that provide sick kids with much needed positive distraction from the isolation and stress of treatment.

Regardless of age and fitness level, all Australians are welcome to participate in the Starlight Super Swim challenge and can do this at a location of their choice – their home pool, the beach, a lake, or local swim centre.

Those who register for the Starlight Super Swim challenge will be amongst good company – a star-studded lineup of ambassadors and supporters, including Brooke Hanson OAM, Mick Fanning OAM, Kieren Perkins OAM, English Channel World Record Holder Chloe McCardel and Australian Olympic diver Sam Fricker. In addition to this impressive lineup, the Starlight Super Swim will once again be powered by Speedo, bringing their roster of Olympic, Paralympic and Commonwealth medalists into the challenge, 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: "Can you remember the joy and fun of childhood? Everyone should be able to think back to the happiness of this time. But for children and young people diagnosed with a serious illness, their happiness can be seriously impacted.

By joining Starlight Super Swim, everyone can help us turn the pain, stress and fear of hospitalisation into fun, laughter and joy for sick kids. So, make a splash this February and help Starlight bring much needed happiness to sick kids at a time they need it most.



Super Swim participants will join a fundraising community of tens of thousands as they attempt to beat their personal swimming goals and replicate the success of past events. Since its beginning Super Swim has raised over \$11 million for Starlight to support over 280,000 sick kids across Australia.

Those taking part can track the distance they've swum, either manually or via the new Super Swim app, encouraging friends and family to show their support and donate for every kilometer 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 from Speedo.

Registrations are now open and will remain open throughout February, with participants able to complete their swim challenge anytime throughout the February 1 - 29 timeframe.

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

The challenge is proudly supported by Super Swim major partner, Speedo. In addition to Medals Australia, Insurance Advisernet Foundation and MACA.

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

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For more information, please contact:

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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 and was awarded the number one most reputable children's charity in Reptrak's 2022 Charity Reputation Index. Starlight was also recently endorsed as a 2023 Great Place to Work. There is a Starlight Express Room in every children's hospital across Australia and over 140 Captain Starlight's nationwide, who made 186 trips to remote communities in 2022. Starlight created over 1,303, 775 positive Starlight experiences for children, teenagers and their families in 2022. Last year, Starlight granted 507 wishes and this year, Starlight will grant its 13,000th Starlight Wish. 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