



**MEDIA RELEASE**  
**February 2022**

**Be a Super Swim Hero for sick kids this February!**

[Starlight Children's Foundation](#) (Starlight) is encouraging Australians around the country to dive in and make a splash for sick kids for its fourth annual [Super Swim](#) challenge.

From 1 February through to 28 February 2022, Australia's favourite virtual swim challenge will aim to raise \$3 million across the month to help deliver happiness to over 76,000 sick kids.

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 vital in-hospital services including [Captain Starlight](#) and [Starlight Express Rooms](#) nationally.

Supported by former professional athletes and proud Super Swim Ambassadors Mick Fanning OAM, Brooke Hanson OAM, Libby Trickett OAM and Kieren Perkins OAM, the initiative encourages all Australians to get active for a good cause.

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

"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, this 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."

Also supporting Super Swim are Australian Olympians and professional athletes including Zac Stubblety-Cook, Melissa Hauschildt and Lani Pallister.

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.

Starlight CEO Louise Baxter said: "Starlight has been there for sick kids throughout the challenges of the past two years. Only with the help of the community can we continue to be there for sick kids when they need it most.

"Every dollar spent on our vital services must first be raised by the generosity of the community. As little as \$39 will give a sick child access to our vital hospital services.

"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.



Super Swim participants will join a fundraising community of thousands as they attempt to beat their personal swimming goals and replicate the success of last year's event, which raised more than \$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 proudly supported by Super Swim partners Speedo and Swimming Australia.

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](http://www.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 and reputable children's charity in Australia and was awarded the AFR's Most Innovative Company (Government, Education and NFP Sector) in 2020. There is now a Starlight Express Room in nine children's hospitals across Australia and over 160 Captain Starlights nationwide. In 2020, Starlight granted over 386,944 positive Starlight experiences for children, teenagers and their families, including 126,000 Fun with Captain Starlight experiences and 326 Starlight Wishes. [www.starlight.org.au](http://www.starlight.org.au)

