

# Plouf in numbers

In 2013, our first year, 18 teams swam for **Plouf** and we collected € 4000 for under-privileged youth in Les Yvelines.

For the 7<sup>th</sup> consecutive year, up to 36 teams will swim in our annual event, and nearly €90,000 has been raised for various local associations dedicated to autism.



For more information on **Plouf '19**, or about our club, LCYH, contact us at: [secretary@lionsheraldic78.org](mailto:secretary@lionsheraldic78.org)

or on our site [www.lionsheraldic78.org](http://www.lionsheraldic78.org)

## Reminder

**Plouf '19 'swimathon'**

**When?**

Monday, November 11, 2019

**Where ?**

Piscine Municipale du Pecq  
Les Vignes-Benettes  
1, avenue Pasteur Martin Luther King  
78230 Le Pecq

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# Plouf

SWIMATHON  
LIONS CLUB YVELINES HERALDIC

November 11, 2019  
Le Pecq Pool



## Plouf - what is it?



The idea is very simple. You form a team and reserve an hour's swimming on the *Plouf* website: <https://www.lionsheraldic78.org/events/plouf-2019>

Next you look for a sponsor who will donate by the number of lengths swum, or as a fixed sum.



Then you come to the pool on Monday, November 11, at the time you have chosen, soak up the ambiance and swim. For 55 minutes, you and your team try to swim in relay as many lengths as possible in your lane. There are team prizes to win by category, e.g. the youngest, the fastest, etc.

After all that effort, join in the ambiance around the pool with our disc-jockey, Pete Liddle, and his non-stop *Golden Oldies!*

Finally, you let us have the contributions or promises that you have collected (we can provide you with certificates for tax deduction), and go back home happy to have helped Lions to support a good cause.



If you have any questions, or would like to help us with the organisation of Plouf, contact us at: [secretary@lionsheraldic78.org](mailto:secretary@lionsheraldic78.org)

## How can you help?

### Form a team, or be part of one

If you know swimmers in your family, school, club, or company, it's easy and great fun to set up.

### Sponsor a team or a swimmer

You can sponsor (by length or as a fixed sum), with the knowledge that your contribution is managed responsibly.

### Support *Plouf '19*

Your company can sponsor a team and your logo will be visible at the pool and on our site for a year.

### Support our causes

If you would like to be useful in helping our causes directly, we always have ideas for you.



## What worthy causes will be supported in 2019?

All the net proceeds generated by *Plouf '19* will be passed on to:



- two associations in Les Yvelines who are working to help autistic persons.

The French National Authority for Health recognized an occurrence of autism of 1 in 100 people in 2018, as opposed to 1 in 2000 in 1960! What can be done to help this cause? What are the possible courses of action?

- Screening

- Early recognition and care

- Information and education for carers

- Development of propositions for social adaptation, and for artistic and sporting leisure activities suited to autistic children

Let's give autistic persons the means to live inclusively in society under the best conditions.

Lions Club Yvelines Heraldic is organising *Plouf '19* to help these associations best serve the cause of autism. Find out more at:

[www.centrebulledair.com](http://www.centrebulledair.com)

[www.duncorpsalautre.fr](http://www.duncorpsalautre.fr)

