

## PLOUF IN NUMBERS

In 2013, our first year, 18 teams swam for PLOUF and we collected the sum of € 4000 for the under-privileged youth of Yvelines.

Today in 2020, for the 8th consecutive year, up to 36 teams will swim during our annual event, and a total of almost € 110,000 has already been collected since 2013 for local associations dedicated to autism.



To find out more about this event, or about our LCYH club, contact us:

- by email [plouf@lionsheraldic78.org](mailto:plouf@lionsheraldic78.org)
- through our website <https://lionsheraldic78.org>

## PLOUF - INFO FOR SPONSORS

**Your donations are more than welcome!**

They will be used to support 2 associations which work to help people with autism in France:

- Bulle d'Air
- D'Un Corps à l'Autre

In 2019 the 2 associations used the donations for:

1. Translation into English of videos on "Better living with autism" (for easier access by a greater number of people) (Bulle d'Air)
2. Sports and leisure stays for handicapped children (D'Un Corps à l'Autre)

## PLOUF - THE EVENT FOR ANYONE WHO CAN SWIM

Whether you are a good swimmer or not, everyone can participate and we will have fun together!

Form a team of up to 8 people and register today on:

<https://lionsheraldic78.org/events/plouf-2020/>

## PLOUF SWIMATHON 2020

**November 11, 2020 / from 9h to 18h**

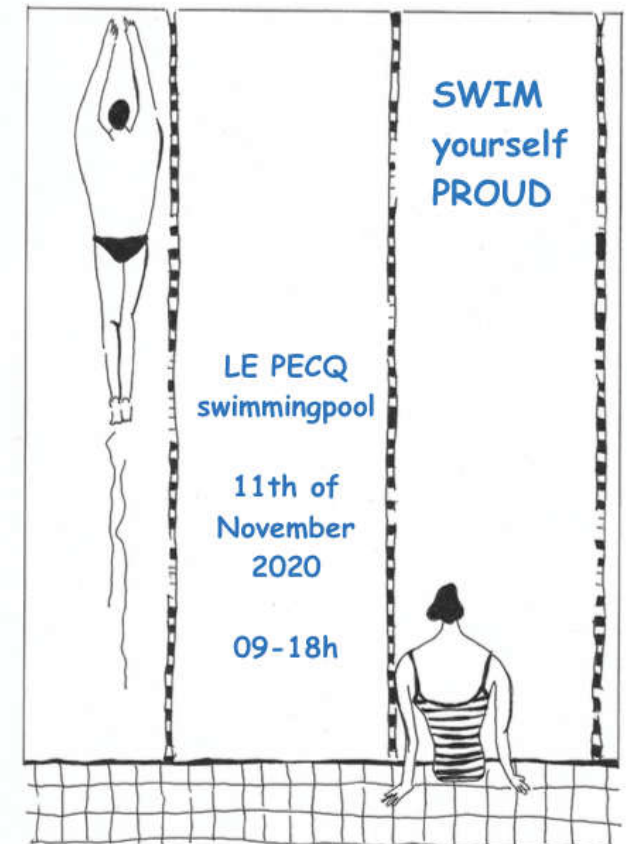
**Piscine Municipale du Pecq  
Les Vignes Benettes  
1, avenue Pasteur Martin Luther King  
78230 Le Pecq**

Organised by Lions Club Yvelines Heraldic (LCYH)

We are part of Lions Clubs International with the motto: "Together we serve".



**8th Edition**



## WHAT IS PLOUF?

The idea is simple: you form a team of a maximum of 8 people and you reserve an hour of swimming on the Plouf site:

<https://lionsheraldic78.org/events/plouf-2020/>

Then you look for a sponsor or family or friends who will finance either the number of lengths swum or a lump sum.

On Wednesday November 11 you come to the pool at the chosen time, and you can enjoy the atmosphere and swim. For 50 minutes, you and your team try to swim the maximum lengths in your lane. There will be team prizes to be won depending on the categories: youngest, fastest, etc.

After the effort, join the party around the pool, with our DJ and our Master of Ceremonies!



Finally, you hand over the donations you have collected (you can ask us for a tax receipt) and you can go home happy to have helped the Lions support this good cause.

Watch the photos and videos of the 2019 event on our site:

<https://lionsheraldic78.org/events/plouf-2020/>

## PLOUF - HOW TO HELP?

### Form a team or be part of one

If you know people who want to swim, in your school, club, business, or family, contact them and form a team (8 people maximum).

### Sponsor a team or a swimmer

You can sponsor (either by number of lengths swum or a lump sum), an individual or an entire team, knowing that your money is managed securely.

### Support Plouf 2020

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

### Support our causes

If you want to be helpful and support our causes directly,

please contact us:

[plouf@lionsheraldic78.org](mailto:plouf@lionsheraldic78.org)



## WHICH ASSOCIATIONS ARE SUPPORTED BY PLOUF IN 2020

All the profits made by PLOUF 2020 will be donated to two associations in Yvelines which work to help people with autism:



## PLOUF AND AUTISM

The French National Authority for Health recognized a level of autism of 1 in 100 in 2018 against 1 in 2000 in 1960.

What can be done to help this cause?

What are the possible actions?

- Screening
- Early recognition and care
- Information and training for carers
- Development of propositions for social adaptation and for artistic, sporting and leisure activities suited for autistic children

**Let's give people with autism the means to live inclusively in society under the best conditions.**

Lions Club Yvelines Heraldic is organizing this 8<sup>th</sup> edition to help these associations best serve the cause of autism.

Find out more at their sites:

<https://Centrebuledair.com>

<https://Duncorpsalautre.fr>