

We would like to express and celebrate the multi-cultural community that is HAC and encourage swimmers to create a photo or short video (15 sec max) by answering the question 'What do you like about swimming (at HAC)?'.

A selection of photos and/or short videos will be used for social media with the best photo or film winning a pair of Arena race goggles.

What we would like you to do:

The idea is to recreate our original 2021 Crowdfunder video (see link [here](#)) – based around the question 'What do you like about swimming (at HAC)'.

Below are suggestions to get you started.

- **Choose Your Language:** Decide whether you want to write and speak in your language, English, or a combination of both. This will help you plan your message accordingly.
- **Prepare Your Answer:** Think about what you like about swimming at HAC. It could be the sense of community, the health benefits, the fun, competing or anything else that stands out to you. Write your answer clearly on a sheet of paper. You can use more than one sheet if needed.
- **Be Creative:** Feel free to decorate your sheet with drawings, colours, or any other creative elements that express your personality and message. Your answer can be as long or short as you like - please use more than one sheet of paper if necessary for your answer to read easily.
- **Practice Speaking:** If you choose to speak on camera, practice reading your answer aloud. You can point to the sign while speaking or read it out at the same time.
- **If you prefer not to speak** you can also use signs only or sign language.
- **Remember you can choose** to do a short 15 sec max video OR a photo.
- **Write in big bold letters.** One word or more but keep it short.

What do you need:

- An enthusiastic swimmer in a HAC club t-shirt (or if you do not have a HAC t-shirt wear a *plain* black t-shirt (and feel free to accessorize wearing your HAC swim hat).
- A white sheet of paper, approximately A3 size (can be two A4 sheets of paper sellotaped together).
- Ideally a big black marker pen.
- A white or neutral background to film or take the picture against. If it's more than one person please make sure you're all in the frame.
- A smart phone or camera

Some tips when taking pictures or filming:

DO

- Try to photograph/film during the day with as much natural daylight as possible.
- Hold your sign up straight and square.
- Film a couple of seconds of the person *before and after* holding up the sign and make sure you film as long as it takes to read the text (it helps reading out the text while filming).

DON'T

- Let yourself be photographed or filmed directly with your back to a window or light.
- Let the photographer or filmer stand with their back to a window in strong sunlight as this will throw a shadow

Here's how you can submit your photo or film:

- Please send in your photos/films ASAP and no later than **15 March 2025** to fundraising@hackneyaquaticsclub.org.
- Make sure you have filled in and signed the photo/film release form, as we can only accept entries with completed forms.
- If you have any questions or are not sure, please contact Hester at fundraising@hackneyaquaticsclub.org