



Be inspired by Missy Franklin - register your interest to volunteer to help others with the Multiple Sclerosis Association of America.

## About

Swim for MS encourages volunteers to create their own swim challenge while recruiting online donations to support the Multiple Sclerosis Association of America (MSAA). *There are no specific locations, date, or time - you can swim at **any pool, any time!*** You can participate individually or recruit a team. **Please visit [SwimForMS.org](http://SwimForMS.org) to register. The top fundraiser each month will receive an autographed photo of US Olympic Gold Medalist and Swim for MS Ambassador, Missy Franklin!** Through the participation of Swim for MS, you will help to us spread awareness of multiple sclerosis and promote the positive benefits of swimming for people of all ages and skill levels. For information about community service hours, please contact [swim@mymxaa.org](mailto:swim@mymxaa.org).

Watch how Ramapo College participated in Swim for MS:

<https://www.youtube.com/watch?v=S3najazY-jw>

## Get Started

- Register online at [SwimForMS.org](http://SwimForMS.org).
- Set your challenge and personalize your webpage. For help, please refer to our attached Online Fundraising Guide.
- Recruit online donations by asking your friends and family to donate on your personal fundraising page.