

TEAM CAPTAIN CHECKLIST



Thanks for joining us as a team captain! Here are some tips to help make your team's experience fun and successful.

1. **Register your team** and build your team page with personal stories, photos and motivating messages for your team.
2. **Recruit team members**, and tell them how to register and join your team. Aim for 10 team members – family, friends, coworkers.....
3. **Set a goal that everyone agrees on.** Aim high. Raise that goal each time you are close to achieving it.
4. **Encourage** your team members to connect their personal fundraising page to a Facebook fundraiser – a quick and easy way to receive donations.



5. **Hold a team fundraiser!** The possibilities are endless. From a yard sale at a team member's house to a potluck dinner where you charge guests a small fee to attend – get creative.

6. **Use social media** to keep friends and family aware of your efforts, ask for donations, and thank supporters.

7. **WALK!**
8. **Capture the moment.** Coordinate a time to have your official team photo taken on Walk day. Make sure to share your photos with us on social media using #AHRCWalk.

MOVING AHEAD, LEAVING NO ONE BEHIND