

Team Captain Responsibilities

Welcome!

Thank you for joining us in raising funds for Iowa's youth in foster care. Contributions from dedicated participants like you are what make the Stride for Kids Run/Walk a great success every year.

As a Team Captain, your job is to motivate and encourage others to join your team and promote the run/walk, whether it is with coworkers, friends or family.

This packet will take you through the four steps to help you create a successful team:

1. Set Your Team's Fundraising Goal

Set a goal amount for each person on your Team to raise. Make sure they understand if they are joining your fundraising team they are to help with raising money for the team. Remember, the more money you raise, the more grants IFAPA can offer to kids in foster care.

2. Recruit Team Members

Ask everyone you know to be on your team, and have them ask their friends and family to join as well. Keep building your team until the registration deadline. But make sure they register first before beginning. [Click here to register](#).

Talk about the event and your team to everyone you meet. The more excited you are about running/walking, the more contagious the excitement and involvement becomes. Ask to see if your supervisor will support you or join your team, and then let everyone know and encourage others to do the same. Also see about placing information posters around your work space to spread the word about the Run/Walk.

As you begin to build your team...

- Make sure you have all the information for your team members; such as where to register, the team name (as that is required to get the team discount), and how to join the team fundraising page
- Make sure they know where to get the copies of samples letters so they can use those when collecting donations via mail or online
- Send weekly email updates or make weekly calls with the latest information; as who's joined the team, funds raised so far, fundraising ideas, and any success stories from team members
- Encourage your team to collect pledges and donations prior to the date of the event

- Copy and share these fundraising ideas with your team to help reach your team goal
- Ask, ask, and ask again. Remember you are asking on behalf of IFAPA and not yourself. When you limit who you ask, you limit the amount you can raise.

3. FUNdraise

- Host a fundraising party and ask attendees to pledge their support
- Hold a bake sale or car wash to benefit your team
- Create a buddy system. Ask someone who cannot participate to help collect donations.
- Bring your pledge sheet everywhere. You can download a [pledge sheet here](#).
- Suggest friends competition between team members. Set weekly or monthly goals to beat and recognize the team member who reaches it first.
- Ask on person per day to sponsor you for the Run/Walk
- Give something up – movie, manicure or dinner – contribute what you would have spent to the Run/Walk
- Ask your friends to contribute to the Run/Walk instead of purchasing a gift for your birthday, anniversary or any occasion
- Find out if your company has a matching gift program. Matching gifts can double your team's donation!

How to raise a \$15 in one week

Day 1: \$10	Day 2: \$30	Day 3: \$30	Day 4: \$40	Day 5: \$25	Day 6: \$15	Day 7: \$150
Sponsor yourself	Ask two relatives for \$15	Ask three friends for \$10	Ask four coworkers for \$10	Ask five neighbors for \$5	Ask your spouse or partner	Celebrate reaching your goal

4. Run/Walk, Follow Up, and Celebrate With Your Team

On the event day, make sure your team knows where to gather at the park, and where to meet up afterwards if you want a team photo. Don't forget to collect and turn in your team's pledges and donations when your team checks-in at the event.

Be sure to follow up with each team member after the event by sending a personal thank you note.