

"So, What Do I Do Now That I'm A Team Captain?"

Fighting arthritis is a team effort. The strength of people coming together for a common cause is greater than the strength of one. Here's what you can do to build a successful team to fight arthritis:

Form Your Team

It's easier than you think to form a team. Here are some suggestions to try:

- Learn about the Arthritis Walk and the Arthritis Foundation. People will be much more willing to listen if you believe in what you're asking them to help with.
- Make a presentation. Invite at least 10 people – friends, family, neighbors, co-workers or whomever you want to join your team. Use flyers to get the word out. Serve refreshments and show the Arthritis Walk video.
- Ask people you don't know to join you by posting a sign-up sheet in the break room, sending e-mails or distributing flyers around your office or neighborhood.
- Get your workplace involved. Invite management and other departments to form their own teams or to sponsor your team.

Coordinate Your Team

Attention to the nitty-gritty details will get you through the Walk with ease!

- Make sure everyone is registered. Online fundraising is the key to reaching your goal.
- Set a fundraising goal for your team and work with your team on a team fundraising plan to reach your goal.
- Create a team theme. It can be workplace related like "Banking on a Cure" or arthritis related such as "A Joint Effort" or humorous like "Red Hot Mamas".
- Encourage your team to invite as many Heroes (those people living with arthritis) as they can to the event – after all, the event is about them.
- Attend all Team Captain Meetings and bank night.
- Try to collect all team member envelopes a few days before the event so contributions can be counted. Be sure each team member's envelope lists the member's name and team name.
- On Arthritis Walk day, be sure to let everyone know where to meet so you can experience the day as a TEAM!

Motivate Your Team

Do you want to have fun while making a difference in the lives of others? Well, so will your team! Do so by keeping them informed and motivated.

- Hold regular team meetings to build spirit and keep everyone informed. Invite someone living with arthritis to share their story with your team or show the Arthritis Walk video.
- Dedicate your team to someone living with arthritis. Tell that person's story and yours.
- Share Arthritis Walk news and updates received at Team Captains meetings with every team member.
- Encourage team fundraising events like bake sales, car washes, block parties, etc.

Have FUN and Thank Your Team Members

Thank your team members for their commitment. Give each team member a warm welcome when they arrive and let them know that they have made a difference in the lives of those living with arthritis.