

## “What Do I Do Now That I’m a Team Captain?”

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Fighting arthritis is a team effort. The strength of people coming together for a common cause is greater than the strength of one. Here are some helpful tips for getting started as a Team Captain.

### Grow Your Team

- Learn about the Walk to Cure Arthritis and the Arthritis Foundation. Inform your team members about the mission of the Arthritis Foundation and give them contact information for the local Arthritis Foundation staff.
- Invite friends, family, neighbors, co-workers, and others to join your team.
- Use social media to ask friends to join your team online.
- Post a team sign-up sheet in the break room, send e-mails, or distribute 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

- Make sure everyone is registered team on the online HQ.
- Set a fundraising goal for your team and help your team members set their personal goals. Encourage team members to set a fundraising goal of at least \$100.
- Attend all Team Captain Meetings.
- If team members are collecting money in person, make sure to collect their team member envelopes a few days before the Walk so contributions can be counted. Be sure each team member's envelope lists the member's name and team name.
- On event day, be sure to let everyone know where to meet so you can enjoy the day together and celebrate all your hard work!

### Motivate Your Team

- Hold regular team meetings to keep everyone informed and keep track of your fundraising efforts. Invite someone living with arthritis to share their story with your team or show the Walk to Cure Arthritis video.
- Help every team member register online and issue fundraising challenges to encourage friendly competition.
- Dedicate your team to someone living with arthritis.
- Share event news and updates from Team Captain meetings with team members.
- Encourage team fundraising events like team challenges, bake sales, car washes, and contests.
- 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.
- Have FUN!