

# BOWL-A-THON

Sunday, November 3, 2013



## TEAM CAPTAIN INSTRUCTIONS

**As a MDA Bowl-A-Thon Team Captain, you play a very important role in the success of this event. Here are some tips to help you.**

- Teams are composed of 4 bowlers.
- Registration Fee is \$25 per person (total of \$100 per team)
- Registration Fee covers bowling and rental shoes on the day of the Bowl-A-Thon.  
(no reduction for non-use of bowling shoes)
- There will be door prizes at the event.
- Awards are given to the top individual and team fundraisers and bowlers.

**Recruiting Teammates:** Remember that your teammates can come from anywhere, and they certainly don't have to be good bowlers. Co-workers, business partners, family members, neighbors, etc. are welcome to join you! You need to recruit 3 teammates.

**Donations:** Each Bowler is asked to raise a minimum of \$25 for MDA through donations. Ask your teammates to carry their packet with them for a week and simply ask for a donation from everyone they see. You'd be surprised how easy it is to collect \$5 or \$10 at a time by simply asking! Plan a team fundraiser event such as a car wash or bake sale. Make it fun! Or, if you don't want to ask for donations, simply put \$1 a day into a jar at home. Remember, it is also tax deductible. The money needs to be collected up front and turned in on Sunday, November 3rd. (see sheet for Participant Award levels for donation collection)

**Corporate Sponsorships:** Visit local businesses and ask them to be Lane Sponsors for the Bowl-A-Thon. Many businesses would be glad to have their name displayed at the event, along with the other benefits of being a sponsor. (see sheet for corporate sponsorships)

Contact your Head Coach about holding Team Captain Meetings.

For more information, contact:  
Whitney McIlwain—Fundraising Coordinator  
Muscular Dystrophy Association  
310-390-6802

*Have a fun time bowling with friends, while raising money for a good cause.  
Let's "STRIKE OUT" Muscular Dystrophy!*