



Recovery Walks!



Successful Team Building for Team Captains

All of the materials you need are available online at www.recoverywalks.org. On the website you will find such tools as:

- ~ Suggested Strategies for Building a Family and Friends Team
- ~ Suggested Strategies for Company/Organization Team Captains
- ~ Sponsorship Opportunity Levels
- ~ Printable Team Captain Registration Form
- ~ Printable Walker Registration Form
- ~ Printable Walk Volunteer Commitment Form

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- **Attend a Team Captains' Kickoff Meeting.** You will receive more instructions on how to organize your team. The Recovery Walks! website www.recoverywalks.org will be live at the kick-off meeting and we will tell you how to use it. You will be notified in advance of the time and place.
 - **Register yourself as a Team Captain.** Go to www.recoverywalks.org. If you don't have internet access, simply complete and return the registration form provided.
 - **Inform everyone you know about Recovery Walks! and recruit walkers.** Make sure that everyone knows why you are raising money for PRO-ACT and explain what PRO-ACT does. See the website at www.proact.org for more information on all the programs PRO-ACT offers to educate and advocate for individuals suffering from substance use disorders and alcoholism, as well as for their families.
 - **Create your own fundraising website** to send out to your family, friends, and colleagues. You can set your goals of how much money you want to raise and/or how many people you want on your team. Pick from a several pictures to give your fundraising website your individual touch and send it out through email, facebook, or twitter to show your support for the cause.
 - **Team members should register themselves.** Your team members can register online at www.recoverywalks.org through your team page. If they don't have computer access, have them complete a Walker Registration Form with the waiver so you can enter the information online for them.
 - **Decide what kind of team you want to build.** For example, do you want to build a family-and-friends team, company team, organizational team, faith-based team, union team, treatment center team, or a combination of walkers? You may wish to name your team.
 - **Set a donation goal for your team.** When each walker has raised \$50, they will receive an official Recovery Walks! T-shirt (teams can earn a T-shirt for everyone if they average \$50 for every team member). If a walker has raised \$500 or more, they earn a Recovery Walks! Sweatshirt that will be available after the event.
 - **PRO-ACT has engaged a vendor to produce affordable individual Team T-shirts** to encourage team unity. Information regarding this option will be available at the Team Captains Kickoff Meetings.
 - **Show your gratitude** by writing (or e-mailing) everyone a thank-you letter. You are encouraged to include the fundraising results for your team. Also include pictures from the day if you can.
 - **Celebrate the important role you, your family and friends** are playing in the fight for all those dealing with substance use disorders and know that PRO-ACT, its participants and staff are very grateful for your efforts and support of **Recovery Walks!**