



Become a Team Captain!

Your team can be made up of family, friends, neighbors, classmates, co-workers, or members of your book club, place of worship, sewing club, etc.- a team is simply a group of people who come together to support the Hemophilia Walk. Forming a team is a fun way to raise money for the Hemophilia Walk. And, it's easy to do!

1. **Register your team online.** Go to www.hemophila.org/walk. Find the walk you want to join, choose a name for your team and sign up.
2. **Set a personal fundraising goal.** As a Team Captain, you should lead by example – set a high fundraising goal.
3. **Ask your friends and family to join you as a team member.** Ask them to sign up online under your team name and start raising money.
4. **Tell your personal story – Part I.** Design your own fundraising page online. Tell everyone why you are participating in the Hemophilia Walk. Make it personal – post photos!
5. **Tell your personal story – Part II.** Write letters, send e-mails and post to social media to friends and family asking them to support your efforts. Tell them how easy it is to donate online or send you a check.
6. **Create your team identity.** Create a team T-shirt, buttons or hats for your team to wear on walk day. A 'best t-shirt' contest will be held on the day of the walk. You can design your own team t-shirt that HNC will pay for through the Grifols' sponsorship and will help your team stand out on the big day!
7. **Attend the Kickoff Event.** You'll get all the instructions, inspiration, and materials you need to organize your walkers.
8. **Stay in touch with your walkers.** Stress the importance of fundraising to further the mission of NHF: finding the treatments and cures for people with hemophilia and other bleeding and clotting disorders, and raising funds for awareness, education, research and advocacy.
9. **Stay in touch with the local chapter staff.** Let them know your fundraising challenges and successes. They can give you ideas that have worked for other teams and send you materials.
10. **Attend the WALK!** Make sure your team makes a big impact with colorful T-shirts and/or accessories. Don't forget to bring all pledges and pledge forms to the Walk.

Frequently Asked Questions about Teams

- **Who should be the Team Captain?**
 - The person who has the most leadership skills on the team and is able to give the most time to the project.
- **Is there a minimum or maximum number of walkers on a team?**
 - No. Teams can be as small as two or three walkers or as large as hundreds of walkers.
- **Can a team have more than one Team Captain?**
 - Yes. Typically, each Team Captain is responsible for 10 walkers. So if your team is large, it's best to have multiple Team Captains.
- **What kind of support and instruction do Team Captains receive?**
 - The Kickoff Event will provide all the materials, instructions and inspiration you'll need! Afterward, Team Captains will receive pre-walk progress reports that contain team-building and fundraising tips and should contact the HNC office for support or advice whenever needed at 800-990-5557.
- **Can I walk if I don't form a team?**
 - Yes. We think you'll have more fun if you join a team, but many walkers come individually.
- **How do we raise money?**
 - Write a letter or send an e-mail to friends and family asking for their support. Our website, www.hemophilia.org/walk, offers a safe and secure way to send a donation. If you collect checks, bring them with you to the Walk. You will find instructions on posting checks and cash on www.hemophilia-nc.org under the walk webpage.