

TOGETHER WE ARE STRONG
AND WILL NEVER BACK DOWN



TEAM CAPTAIN GUIDE



Sunday September 24, 2023
Pittsburgh Together in TEAL



Thank You & Welcome Team Captains

Thank you for taking the first step and becoming a team captain.

As we come Together in TEAL® this year with people across the nation touched by ovarian cancer, we know you are ready to take on the challenge of raising awareness and funding to support the NOCC mission.

Whether you participate with your family to celebrate your resilience, for a newly diagnosed friend, or in memory of a loved one, we are glad you are part of this passionate TEAL community working Together in TEAL to end ovarian cancer.

With your help, we're continuing a nationwide campaign and event that enables our community to come Together in TEAL, including places we've never been able to reach.

This Team Captain Guide is a resource to help you create and manage a successful team—an excellent tool for recruiting team members and leading them in their fundraising efforts.



THE NEED IS CRITICAL

NEARLY 80% 
ARE DIAGNOSED IN ADVANCED STAGES

1 IN 78 IS AT RISK OF GETTING
OVARIAN CANCER
IN THEIR LIFETIME

**5TH LEADING
CAUSE OF
CANCER-RELATED DEATHS**



THE PAP TEST
DOES NOT DETECT
OVARIAN CANCER

OUR WORK CHANGES LIVES



EARLY AWARENESS

Raising early awareness about the risks, signs, and symptoms of ovarian cancer and educating about the power of early detection.



QUALITY OF LIFE

Providing resources, services, and support so that women with ovarian cancer can live extraordinary lives, however they define that.



RESEARCH

Funding the most impactful research that pushes forward the study of ovarian cancer and leads to scientific breakthroughs.



COMMUNITY OUTREACH

Creating nationwide movements that activate communities across the U.S. to become involved in the battle against ovarian cancer.

OUR IMPACT SAVES LIVES



630+ SURVIVORS
SUPPORTED



THROUGH THE NOCC TREATMENT FUND TO REDUCE FINANCIAL BARRIERS ASSOCIATED WITH AN OVARIAN CANCER DIAGNOSIS

NOCC
CANCERCONNECT
COMMUNITY
3,700 MEMBERS
ANNUALLY



21,880+
SURVIVOR
CARE KITS
DISTRIBUTED



2.8 MILLION +
EDUCATIONAL RESOURCES
DISTRIBUTED

25,000+ MEALS
DELIVERED
48 STATES HAVE BEEN SERVED THROUGH
TEAL COMFORT FOR THE SOUL

\$2.5 MILLION
DESIGNATED
TO RESEARCH



Where the Money Goes

\$25

could help provide educational materials needed to build awareness of ovarian cancer signs and symptoms for over 250 families.

\$50

could help provide a Faces of Hope® tote that includes helpful resources and comfort items to assist newly diagnosed women and those experiencing a recurrence in their cancer journey.

\$100

could help provide one week of freshly delivered meals to a Survivor in treatment and their Caregivers.

\$250

could help provide one month of one-on-one licensed counseling to a Survivor or family Caregiver.

Your Fundraising Supports These Programs and Services



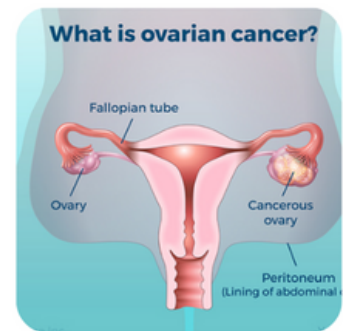
**Survivor Peer to Peer
Online Support Group**



**Caregiver Online
Support Group**



**24/7 Online
Support Forum**



**Virtual Ovarian Cancer
Learning Series**



Digital Learning Series



Meal Delivery



**One-On-One
Counseling**



Financial Assistance

Let's Get Started

JUMPSTART YOUR FUNDRAISING EFFORTS WITH JUST A FEW EASY STEPS.

Register & Recruit

Set a goal to get as many people as you can to join in your efforts to raise awareness. Help them register online at ovarian.org.

Make A Personal Donation

Start things off by encouraging your team members to make a personal donation.

Customize Your Fundraising Page

Share a personal picture and story showcasing your motivation for raising awareness and finding a cure for ovarian cancer.

Set Goals

Set a recommended team goal of \$5,000 and encourage team members to achieve it! Talk about new and fun ways to rally together to raise funds. Each team member can also set a personal goal to reach the \$2,500 level.

Go Mobile

Download the Donor Drive-Together in TEAL App & take it to go with you on your mobile device. You can manage your team, social networks and donations all with the click of a button.

Get Social & Share Your Story

Facebook, Twitter, Instagram and LinkedIn are great places to connect. Share how you have been touched by ovarian cancer or how it has affected your life and family.

Email

Sign into your fundraising dashboard to send recruitment and fundraising emails.

Engage & Educate

Be sure your team knows where to find fundraising information and resources. Encourage them to fundraise using their online personal fundraising pages.

Build Team Spirit

In addition to encouraging your team to fundraise, think about what works best for your team to get them excited about being a part of this amazing event.

Ask For Donations

Ask in person, via text, in an email, on social media or by using your Together in TEAL fundraising dashboard and app. There are many ways to ask.

Celebrate Successes

Keep track of your team's progress and let them know how you're moving towards your goal. Spotlight your team's successes to keep them motivated and updated.

HOW TO MOTIVATE YOUR TEAM



Keep Your Team Updated

Establish the right set of communication channels for your team. Consider creating a team group text, a group email, or a group on Facebook. Introduce new team members as they join!

Milestone Reminders

Remind each team member they can get a fundraising t-shirt when they raise \$100, among other milestone rewards!

Fundraising Dashboard

Ask everyone on your team to link their Fundraising Dashboard to Facebook, and watch the donations roll in!

Coach & Motivate

Once your team members are registered, hold a safe in-person rally or host it virtually from your living room to generate excitement and educate your team on the impact they can make on so many lives!

Share Personal Stories

Personal stories from team members and yourself is a great way to bring your team closer together!

Monitor & Keep the Group Posted

Share progress toward the team and individual fundraising goals and recognize members when they achieve or move closer to their goal.

THANK & APPRECIATE

Say Thank You

Frequently show your team how grateful you are for their hard work and efforts!

Celebrate Success With The Team

Use email and social media to share success stories with your team members and pump them up to keep going.

Award Team Members For Reaching Milestones

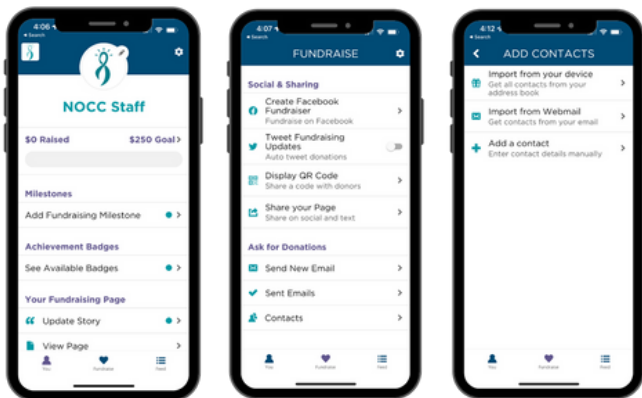
- Making a self-donation
- Personalizing their online Fundraising Center
- Getting their first donation
- Getting the largest donation to date
- Raising the most money in a week
- Sending out the most fundraising e-mails
- Accomplishing fundraising goals

GET SOCIAL



Inspire others to join you in your efforts by sharing your story on all your favorite social sites.

Make fundraising easy by sending messages through Facebook, Instagram, Twitter, and LinkedIn right from your fundraising dashboard.



Raise Funds On The Go
Download the Donor Drive-
Together in TEAL® mobile app to
help amplify your fundraising
efforts. Log in with your username
and password to easily send emails,
text messages, tweets, and
Facebook updates!

**SEARCH YOUR APP STORE
FOR DONOR DRIVE
THEN SEARCH FOR
TOGETHER IN TEAL
ENTER CODE: 2290-101-654**



Finish **78 miles** solo & **78,000 miles** together.

How do you log miles?

After registering, log in to your Together in TEAL® Participant Dashboard, click on "Activity Tracker," and add your miles! Your thermometer will store and show your miles.

Track your miles on your phone!

Download the NEW Donor Drive Mobile App for Together in TEAL® & connect the activity tracking with your device you use to track your miles.



Your Miles Matter

1 in 78 females will be diagnosed with ovarian cancer in their lifetime. The NOCC is committed to improving the quality of life and the outcomes for those affected – and **reducing the risk of ovarian cancer overall!** We challenge **YOU** to run or walk 78 miles so we can reach 78,000 miles **TOGETHER** from coast to coast.

With Every Step, you can make an impact! Sign up your friends and family to donate per mile. It is an easy and fun way to get your community involved in raising funds for the NOCC mission. Check out your dashboard and donation page to sign people up!



Register at **GIVE.OVARIAN.ORG**

FUNDRAISE YOUR WAY

Bring in more donations and discover ways to have fun while raising awareness and dollars to support women facing ovarian cancer!



Connect

EMAIL: Send an email to your friends, family, and co-workers to follow up with those who haven't sent in a donation.

PUBLICIZE: Share your efforts in your college alumni magazine or your office newsletter.

BREAKFAST: Buy donuts for breakfast (or get them donated) and sell them every Monday morning at work or school.

MATCHING GIFTS: Take advantage of corporate matching gift programs. Many of your donors may work for companies that have a program like this.

ONLINE AUCTION: Collect those unwanted but valuable items or get them donated and auction them on eBay, Facebook Marketplace and Poshmark. Donate the proceeds to your team.

TALENT SHOW: If you're comfortable singing, ask your community to donate \$20 with their song request for performing on social media.

WHO YOU KNOW: Contact clubs or organizations you are a member of and ask for a donation.

ASK: Contact your house of worship and request to speak on behalf of the NOCC and your fundraising efforts. You may also request to place it in the bulletin/newsletter.

Challenge

CAREGIVER SUPPORT: Ask your doctors, nurses, or friends in the medical field to support you and your fundraising effort! The NOCC is here to support the many vital caregivers worldwide and have more information available for caregivers to practice self-care and feel informed.

WACKY CHALLENGES: Eating hot chilis, taking ice baths, getting pied in the face, and running 5 miles in a tutu are just some of the challenges we've seen teams do to raise funds. Start by brainstorming some wild challenges and creating incremental fundraising goals to match each challenge.

STEPS CHALLENGE: Challenge your friends and family to count steps towards a cure for ovarian cancer. They can donate a flat pledge or pledge per day for steps taken. Use the Together in TEAL app to track your steps.

KARAOKE CHALLENGE: Take your pick: SING OR DONATE DOUBLE! Select your favorite song, grab your hairbrush microphone, & record a lip sync on social media. Tag your friends to complete the challenge and make a donation.

HAIR SALON/BARBER SHOP: Ask your hair salon/barber shop if they will donate \$2 from each haircut over the course of a weekend to your team and support the NOCC.

CHANGE A LIFE: Put all your change in a jar and then roll the coins and use the money toward your fundraising goal.



Host

HOST A BENEFIT NIGHT AT A LOCAL RESTAURANT: Ask for a percentage of sales for one day and remember this could work for online ordering and take-out as well! Also, ask the restaurant or bar to donate a gift card and use it as a prize for a team member who gets a donation.

SILENT AUCTION: Hold a silent auction and have local businesses and restaurants donate their goods and services.

HOST A DINNER PARTY: Invite your friends and family to your home or create a virtual dinner party in exchange for donations. Make it a fun potluck and vote on the best dish.

HOST A COOKING CLASS: Ask your friends and family to donate to attend your in-person or virtual cooking class and walk them through cooking one of your favorite dishes or desserts.

HOST A COFFEE GET-TOGETHER: Meet your neighbors for coffee! Ask your favorite coffee shop to donate the coffee and goodies if possible. Invite your neighbors and friends. Suggest a donation of \$10—or more!

HOST A TED TALK NIGHT: Have an inspirational speaker talk for what could make for an hour of inspiring conversation. Consider hosting a live stream presentation where you can have your speaker present from the friendly confines of their own home. Charge a fee (donation) to attend the talk. You can raise money and inspire others at the same time.

HOST OPEN MIC COMEDY SHOW: Have your friends and family that are really funny (*or at least THEY think they are*) present their best material! Invite folks to watch and laugh along for a donation.

HOST PAINT/CRAFT NIGHT: Host in person or live stream a guided art project. The art can even reflect the cause. Reach out to local college art departments and studios for experts and instructors.

Create

SCAVENGER HUNT: Create teams to compete in a local scavenger hunt. Ask for a donation to take part. Download the lists, and you can even create a teal list theme and email the list as the event starts.

PHOTO SESSION: Ask a local photographer to donate a photo session, or even better, take the photos yourself!

CREATE: Put together a gift basket with wine, food, or other goodies and hold a door prize drawing.

RECYCLE FOR SURVIVORS: Return bottles and cans and donate the funds.

PAINT/CRAFT: Use your talents and create some amazing art projects and sell them for fundraising donations. Share your creativity and spread joy for a good cause.

FUNDRAISE YOUR WAY

More Ideas to Share!

FACEBOOK LIVE FUNDRAISER: Go LIVE and share your story, connect with others and ask them to donate to the NOCC mission to support women around the country.

WORK DRESS UP DAY: Since everyone has been working in their sweats these days, let's get them to dress up and make a donation to your fundraiser. You could have a sports team jersey day or crazy 80's day. Have fun with it.

FAMILY FUED: Gather families in person or virtually and play this legendary TV game show. Charge the families a fee to play and then have a prize for the winning family. Maybe a restaurant gift certificate to enjoy dinner together.

TRIVIA NIGHT: Test your general knowledge by hosting an in-person or virtual trivia night! You could download a set of trivia questions from the internet, use an app with trivia games built-in (like House party), or create your own personalized trivia questions! Set a time and date, promote your event online, and charge a participation fee.

GARAGE SALE: Clean out your closets and garage and hold a garage sale. Try it virtually and post your items to one of the online sites and apply your sales to your fundraising goal.

BINGO NIGHT: Host an in-person or virtual bingo night to raise funds for a great cause! Sell tickets and encourage participants to bring along their entire households by offering group discounts.

MOVIE/TV MARATHON: Host a movie or TV series marathon. Choose a theme (Hitchcock, I Love Lucy, Gilligan's Island) and start making the popcorn! Ask for donations to attend this in-person or virtual event and then provide a [Zoom link](#) or use a browser extension like [Netflix Party](#) so you can all watch together. Enhance the theme with a suggested \$1 donation every time a specific word or phrase is spoken, or every time Hitchcock himself appears.

TALENT SHOW: Host a talent night where members of your team can showcase their talents. You could sing, play an instrument, read poetry, tell jokes, or perform any other talents you might have! Promote the event to your friends and family and ask them to donate to your team if they enjoyed the show.

COSTUME PARTY: See who can create the most extravagant outfit from the things they have at home. Host a party in-person or jump on a video call to show off your creations and vote on who is best dressed! Offer prizes for the winning look and charge a participation fee.

FITNESS CLASS: Many fitness centers and personal trainers are running classes or creating workout videos to help us stay strong and active. To create a fundraiser, you could team up with a fitness instructor and host a class. Charge a fee for participation or encourage attendees to make a donation.

ONLINE GIFT CARD AUCTION: Use a gift card or get one donated and auction them off. This is an event that can be managed ALL online and keeping it to gift cards means that you can send prizes to winning bidders all over the country.

VIRTUAL RAFFLE: Here's how it works: Set up a custom donation page for the raffle campaign. For every \$1, \$5, or \$10 someone donates (or whatever increment you'd like to use), the individual receives an entry into the raffle drawing, just like a standard raffle fundraiser.



BE A \$500 FUNDRAISING HERO

Why is fundraising so important?

Dollars raised for the NOCC support national programs and local chapter initiatives to heighten awareness of the subtle signs and symptoms of ovarian cancer, assist newly-diagnosed patients throughout the country, provide ongoing support to caregivers, and advocate for the advancement of ovarian cancer research.

Raise \$250 for a chance to win!



Individual participants will automatically receive one entry for two round-trip Southwest Airlines tickets for every \$250 raised. Raise \$1,000 and receive four entries! A live drawing for winners will be held on November 3, 2023

There is no limit on how many entries!

2023 Together in TEAL Rewards program



Earn rewards for every dollar you raise!

Hit the \$500 level and you can order a hat of your choice. **Together in TEAL®**



How to Raise \$500 in 10 Days

DAY 1

Make a \$20 personal donation. Show your commitment to fighting ovarian cancer and be a leading example to others!

DAY 2

Ask two family members to donate \$20 each. You may be surprised how willing your loved ones are to support you!

DAY 3

Ask four close friends to donate \$25 each. Share your story with all your friends to promote awareness for ovarian cancer!

DAY 4

Ask five coworkers to donate \$20 each.

DAY 5

Share on Facebook from your personal fundraising dashboard and invite 10 friends to contribute \$5 each.

DAY 6

Gather \$20 in donations from five people in your favorite group or place of worship.

DAY 7

Ask your employer for a \$20 donation towards your fundraising goal. Your company may also match your fundraising efforts fully!

DAY 8

Invite five businesses you visit frequently (e.g., hairstylist, dentist, doctor, grocery store) to donate \$10 each.

DAY 9

Sell an unneeded household item or host a small fundraiser to raise your final \$20!

DAY 10

Celebrate your success and share on social media.

2023 Together in Teal Rewards

We appreciate your commitment to helping the National Ovarian Cancer Coalition – through fundraisers, emails, social media, and asking everyone you know for donations. Individuals can earn Together in TEAL Gear and receive a redemption certificate via email on Friday, November 3, 2023. Because of you, we can continue to fund our mission and support families across the country.

\$250



Deluxe Headband



Outdoor Magnet

\$500



Knit Hat



Pom-Pom Hat



Garment Washed Hat

\$1,000



Long Sleeve Tee



Double Pocket Belt Bag



Tie Dye T-shirt

The Together in TEAL Rewards program is our way of thanking you for your dedication and passion. You'll earn rewards for every dollar raised; everyone will receive a **2023 Together in TEAL** T-shirt when they raise \$100.

\$2,500



1/4 Zip Fleece



Square Backpack



Light Weight Hoodie

\$5,000



Packable Puffy Jacket



Camp Chair



Packable Puffy Vest

\$10,000

Thank you for your dedication to the National Ovarian Cancer Coalition and for reaching the highest level of contribution! We appreciate YOU! To show our appreciation for all your fundraising efforts, please select (2) items from any level. You should have received an email with 1 certificate number. Please visit the tables of the other levels to make your selections and proceed to check out.

For assistance please email support@ovarian.org

Reward emails will be distributed on Friday, November 3, 2023 after fundraising closes on October 31, 2023. The post-event email will contain a redemption link and further instructions. All individual participants are eligible to redeem ONE prize from their qualifying level, with the exception of \$10,000. If you are a team member you need the dollars raised under your name to receive a redemption certificate. The Together in TEAL t-shirt will be awarded and distributed by your local market event to anyone who raises \$100. We strive to offer products that will be available long term but cannot always guarantee the duration of availability. Please reach out to support@ovarian.org for further questions.

Thank You

Sunday, September 24, 2023
North Park Pool Loop
South Ridge Drive, Allison Park, PA 15101

Event Contact Information
Kellie Johnson
Greatlakes Regional Manager
kjohnson@ovarian.org
412-977-2632



NATIONAL PARTNERS



Stay connected:



[GIVE.OVARIAN.ORG](https://www.give.ovarian.org)