



## 2024 TEAM CAPTAIN GUIDE



**Sunday, September 15, 2024**  
**Pittsburgh Together in TEAL**



# WELCOME TEAM CAPTAINS!

Thank you for taking a stand against ovarian cancer and leading your team in this year's Together in TEAL®. As we come together 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.

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

Welcome to our 2024 season!



# THE NEED IS CRITICAL

STATISTICS

ANYONE BORN WITH OVARIES IS AT RISK FOR OVARIAN CANCER

1 IN 87

WILL BE DIAGNOSED WITH OVARIAN CANCER IN THEIR LIFETIME

1

OVARIAN CANCER IS THE DEADLIEST OF ALL GYNECOLOGIC CANCERS

NEARLY 80% 

ARE DIAGNOSED IN ADVANCED STAGES

CURRENTLY NO EARLY DETECTION TEST EXISTS

## OUR WORK CHANGES LIVES



### EDUCATION & AWARENESS

Raising awareness about the risks, signs, and symptoms of ovarian cancer and empowering individuals with the knowledge to advocate for themselves to make informed decisions.



### QUALITY OF LIFE

Providing resources, services, and support to help enhance and enrich lives.



### 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



1400 SURVIVORS SUPPORTED



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



194,939 VISITS

YOUANDOVARIANCANCER.COM



24,650+ SURVIVOR CARE KITS DISTRIBUTED



2.9 MILLION+

EDUCATIONAL RESOURCES

DISTRIBUTED

33,600+ MEALS DELIVERED

48 STATES HAVE BEEN SERVED THROUGH

TEAL COMFORT FOR THE SOUL



\$2.7 MILLION+

DESIGNATED TO RESEARCH

# Where the Money Goes

- \$50 could provide ovarian cancer awareness materials to nearly 500 individuals in your local community.
- \$100 could provide a care package of helpful resources and comfort items delivered directly to the doorstep of a survivor.
- \$250 could help provide one month of one-on-one licensed counseling to anyone impacted by ovarian cancer.
- \$500 could provide 70 nutritious meals delivered to a survivor in treatment and their caregiver.
- \$1,000 could help provide financial aid for utilities, rent, transportation, and groceries to a survivor in active treatment.
- \$1,500 could advance ovarian cancer research through NOCC's clinical trial financial assistance fund.
- \$2,500 could help fund young investigators focused on ovarian cancer early detection and quality of life research.

## Your Fundraising Supports These Programs and Services



**Online Survivor Peer Support Group**



**Online Caregiver Peer Support Group**



**Ovarian Cancer Care Package**



**Meal Delivery**



**One-on-One Counseling**



**Animated Patient Guide - You and Ovarian Cancer**



**Community Education and Wellness Programs**



**Research Investments**

# 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 <https://p2p.onecause.com/tnt2024>.

### 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 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.

### 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.

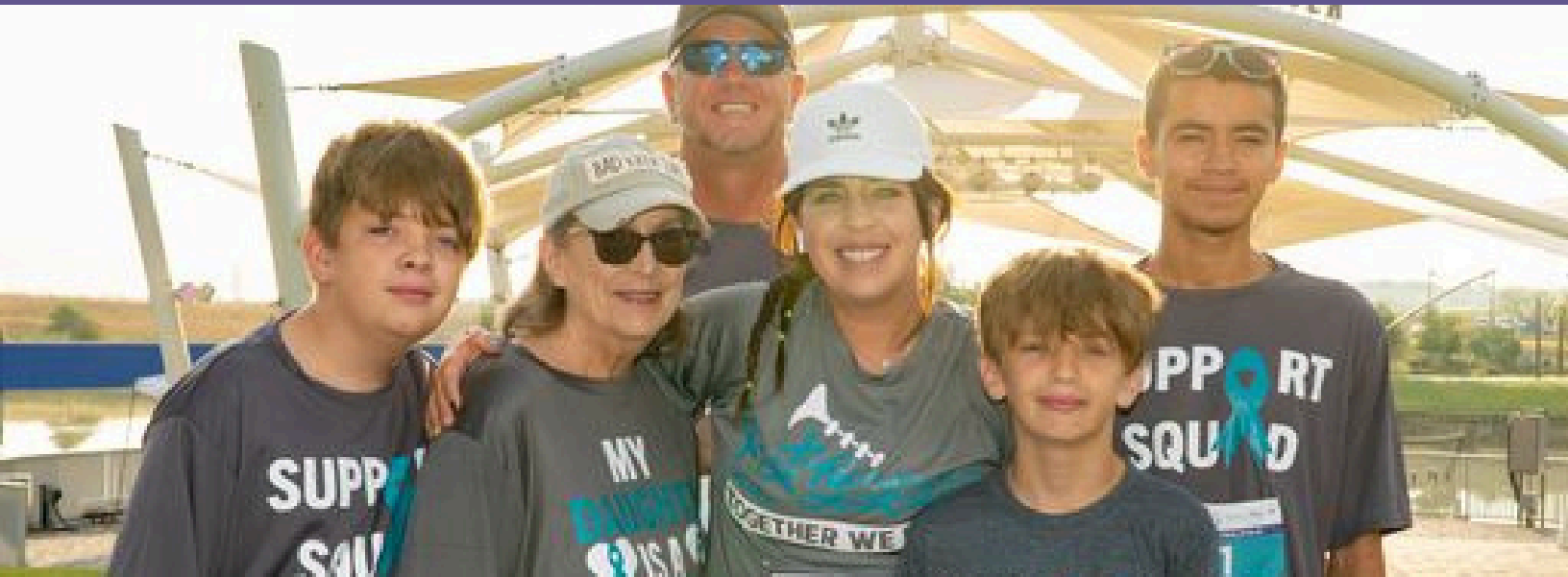
### Ask For Donations

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

### Celebrate Successes

Track your team's progress and tell them how you're progressing 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 that, among other milestone rewards, they can get a fundraising t-shirt when they raise \$100!

## 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 their impact 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.



# 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.

**LET'S GET MOVING TOGETHER  
MAKE YOUR MILES MATTER!**



1 in 87 individuals will be diagnosed with ovarian cancer in their lifetime. The NOCC is dedicated to improving the quality of life of those impacted, and in increasing awareness about the disease across the nation. We challenge YOU to run or walk 87 miles throughout Together in Teal season so we can reach 87,000 miles TOGETHER from coast to coast. Sign up when you register in your activity center and track your steps or miles.

## TAKE THE CHALLENGE

**Walk, run, or bike 87 miles, and together, we can complete 87,000 miles.**

**With every step, you can make an impact! Invite friends and family to join your efforts by signing up and donating to your fundraising page.**

# 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

### Facebook

Grow your fundraising through Facebook! Create a Facebook fundraiser through your dashboard. The average raised just by sharing is \$250!

### Publicize

Share your efforts in your college alumni magazine or college newsletter.

### Breakfast

Buy donuts or 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 matching program.

### Online Auction

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

### Talent Show

Show off your talent, ask your community to donate \$20 for a song request for you to sing, and post it on social media.

### Who You Know

Contact clubs or organizations you are a member of and ask for a donation. Request to speak on behalf of NOCC and ask to post in the Newsletter.

## Challenge

### Caregiver Support

Ask your doctors, nurses, or friends in the medical field to support your fundraising efforts.

### Wacky Challenges

Eating hot chilis, taking an ice bath, getting pied in the face, and running 5 miles in a tutu are some challenges we have seen teams face 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. Use 87 Miles for TEAL activity tracker to keep track of your miles and ask for a pledge per mile.

### Hair Salon/Barber Shop

Ask if they will donate \$2 for every haircut over the course of a weekend to your team to support NOCC.

### Change for Life

Collect change from anyone willing to donate and fill that jar up. Then, roll the coins and donate them towards your fundraising goal.





## Host

### Host A Benefit Night

Ask a local restaurant or bar for a percentage of sales for one day, and remember that this could also work for online ordering and takeout. They could donate a gift card and use it as an incentive for a team contest.

### Silent Auction

Hold a silent auction and have local businesses and restaurants donate 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. Then, walk them through cooking one of your favorite dishes or desserts.

### Host A Ted Talk Night

Have an inspirational speaker talk for what could make for an hour of inspiring conversations. Consider hosting a live stream presentation, where your speaker can present from the friendly confines of their own home. Charge a fee to attend the talk, and you can raise money and inspire others at the same time.

### Host Open Mic Comedy Show

Have your friends and family who are funny or at least think they are presenting their best materials. Invite folks to watch and laugh along for a donation.

### Host A Craft Night

Host an in-person or live stream guided art project; the art can reflect the cause. Reach out to local college art departments and studios for experts and instructions.

## 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 to create and sell amazing art projects for fundraising donations. Share your creativity and spread joy for a good cause.

# Fundraise Your Own Way

**Facebook:** Go live on Facebook for a fundraiser. Share your story, connect with others, and ask them to donate to the NOCC mission of supporting families nationwide.

**Work Dress Up Day:** Get your co-workers to dress up and donate to your fundraiser. You could have a sports team jersey day or a crazy 80s day. Have fun with it.

**Family Feud:** Gather families in person or virtually and play this legendary TV game show. Charge the families a fee to play, then give the winning family a prize.

**Trivia Night:** Download a set of trivia questions, use an app with the trivia game built in, or create your own personalized trivia questions. Promote your event online and charge a participation fee.

**Garage Sale:** Clean your closets and garage and hold a garage sale. Try posting your items online and apply the 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 others by offering a group rate.

**Movie/ TV Marathon:** Host a movie or TV series marathon. Choose a theme, such as Hitchcock, I Love Lucy, or Gilligan's Island. Start making popcorn and ask for donations to attend.

**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 talent you might have. Promote the event with your friends and family and ask them to donate to your team.

**Costume Party:** Host an in-person or jump on a video call to show off your creations and vote on the best outfit, offer a prize for the winning look, and charge a participation fee.

**Fitness Class:** create a fundraiser by teaming 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 gift cards and auction them off. This event can be managed online, and keeping it to gift cards means you can send prizes to winning bidders all over the country. (Get the cards donated)

**Virtual Raffle:** Set up a custom donation page for a raffle campaign. For every \$5 or \$10 someone donates, the individual receives an entry into the raffle drawing.



# 2024 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. Because of you, we can continue to fund our mission and support families nationwide. Let's do this!

## \$100

All registered participants who raise a minimum of \$100 will receive a 2024 Together in TEAL® event T-shirt. The shirts will be available at the event for pick-up



## \$250



Car Magnet



Stash Pouch



Water Bottle

This year we will have two round-trip tickets from American Airlines. You will receive an entry for every \$250 dollars you raise. If you raise \$1000 you will have 4 entries! Join in the fun and dream of that vacation you want to take while helping those in need of NOCC's programs and resources.

The Together in TEAL fundraising will close on Monday, October 14, 2024. On Wednesday, October 16, 2024, an email with further instructions on how to claim your reward will be distributed. **YOU WILL HAVE ONE WEEK TO CLAIM YOUR REWARD!**

**\$500**



Beach Wash  
Long Sleeve T



NOCC Socks



Baseball Cap

**\$1,000**



Bucket Hat



Long Sleeve  
Hoodie



Igloo Lunch  
Cooler

**\$2,500**



Carryall Tote



Cozy Slippers



Microfleece  
Jacket

The Together in TEAL Rewards program offers several sizes and colors. Choose the TEAL gear that fits your style, and wear your TEAL with pride.

**\$5,000**



Soft Shell Jacket



Nantucket Cotton  
Weekender bag



Soft Shell 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](mailto:support@ovarian.org)

Reward emails will be distributed on Wednesday, October 16, 2024 after fundraising closes on Monday, October 14, 2024. **YOU WILL HAVE ONE WEEK TO REDEEM YOUR CERTIFICATE!** 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, except for \$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](mailto:support@ovarian.org) for further questions. Again, the last day to redeem your reward will be Wednesday, October 23, 2024.

# Thank You

## Event Information

SUNDAY, SEPTEMBER 15, 2024

NORTH PARK POOL LOOP

SOUTH RIDGE DRIVE,  
ALLISON PARK, PA 15101

EVENT OPENS 9:00 AM



Stay connected:



[P2P.ONECAUSE.COM/PITTSBURGH24](https://P2P.ONECAUSE.COM/PITTSBURGH24)



## Thank You To Our Sponsors

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