



Transitions-Mental Health Association Presents the 37th Annual

Strike Out Stigma Bowl-a-Thon



SHIFTS

Cal Poly Mustang Lanes

Thursday, March 8th & 15th

6pm

Sunday, March 11th & 18th

12:30pm & 3pm

Pismo Beach Bowl

Friday, March 9th & 16th

4pm & 6:30pm

Sat, March 10th & 17th

12:30pm & 3pm

Rancho Bowl, Santa Maria

Friday, March 23rd

3pm

SIGN UP

- Assemble a team of 5 bowlers.
- Select a time and date and reserve your lane.

FUNDRAISE

- Collect donations from your supporters and compete against your teammates!
- Raise at least \$500 per team.

BOWL

- Receive shoe rentals, pizza, and customized team t-shirts.
- Bowl 2 games with your team.
- Win prizes and rewards for raising money.
- Have fun!

To get started, contact Bekkah Tucker at (805) 540-6510 or btucker@t-mha.org





Strike Out Stigma Bowl-a-Thon TEAM SIGN-UP

Lane reservations are not confirmed until the following form is completed and received at the TMHA office.

Team Name: _____ Business/Company Name: _____

Captain's Name: _____ Captain's Cell Phone: _____

Captain's E-mail: _____

Bowling Alley: _____ Bowling Date & Time: _____

Each team member will receive a shirt with your team name on the front. Circle a color below for your "team logo," and our designer at J. Carroll will create your unique t-shirts!

White Gray Blue Teal Yellow Red Orange Pink



Team Roster

Teams should have 5 bowlers (including the captain). In addition to listing first and last names for each bowler, please circle their t-shirt size (or No Shirt if the bowler does not wish to order a t-shirt).

1. _____ T-Shirt Size: S M L XL 2XL 3XL 4XL No Shirt
2. _____ T-Shirt Size: S M L XL 2XL 3XL 4XL No Shirt
3. _____ T-Shirt Size: S M L XL 2XL 3XL 4XL No Shirt
4. _____ T-Shirt Size: S M L XL 2XL 3XL 4XL No Shirt
5. _____ T-Shirt Size: S M L XL 2XL 3XL 4XL No Shirt
6. _____ T-Shirt Size: S M L XL 2XL 3XL 4XL No Shirt

Completed forms should be returned to Bekkah Tucker. Contact her with any questions at (805) 540-6510 or btucker@t-mha.org

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