



Transitions-Mental Health Association Presents the 38th Annual

Strike Out Stigma Bowl-a-Thon

Special Theme Nights!

TMHA Staff In The House!

Friday March 22nd—4 p.m. at Pismo Bowl

Tech Night—Crack The Code!

Thursday, March 21st—6 p.m. at Cal Poly

Law Enforcement Showdown!

Sunday, March 24th—3 p.m. at Cal Poly

SHIFTS

Rancho Bowl, Santa Maria

Saturday, March 16th—3pm

Cal Poly Mustang Lanes

Thursday, March 21st & 28th—6pm

Sunday, March 24th & 31st—
12:30pm & 3pm

Pismo Beach Bowl

Friday, March 22nd & 29th—4pm
& 6:30pm

Sat, March 23rd & 30th—3pm &
5:30pm

*Please Note: March 22nd at 6:30
is reserved for RMM Night*

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 Caity McCardell at (805) 540-6557 or cmccardell@t-mha.org



IN THIS PACKET:

1

TEAM SIGN-UP FORM

Team Captains are responsible for returning a completed Sign-Up sheet to TMHA in order to reserve a lane and order their team t-shirts! *PLEASE NOTE: If you are a returning team and want to save TMHA a little money by wearing your shirts from last year—we will be delighted and send you special love :-)*

2

CROWDRISE INSTRUCTIONS

We've included step-by-step instructions on how to set up an account with our online donation site, CrowdRise. This is an easy way to collect donations via e-mail, Facebook, Twitter, etc. Year after year, we've seen that our top fundraisers are those who use CrowdRise to its fullest potential!

3

PLEDGE SHEET

Bowlers need to turn in a Pledge Sheet at their bowling shift with the amount of donations they collected via cash, checks, and online. And while each bowler is responsible for collecting at least \$100, this sheet also includes information about prizes you can win for going above and beyond!

If you have any questions about Bowl-a-Thon, please contact
Caity McCardell at (805) 540-6557 or cmccardell@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!

If you are a returning team, please consider wearing your shirts from last year

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

Email completed forms to Caity
McCardell at cmccardell@tmha.org

Mail:
P.O. Box 15408
San Luis Obispo,
CA 93406

In-Person:
784 High Street
San Luis Obispo,
CA 93401



SETTING UP CROWDRISE

CrowdRise is a user-friendly program designed to help you fundraise online. We hope it will be a helpful tool for collecting donations via e-mail, Facebook/Twitter, and other online outlets!

TEAM CAPTAINS

SET UP YOUR TEAM PAGE AND INVITE BOWLERS TO JOIN TEAM!

1. To set up your team's fundraiser page, go to the event page:
www.crowdrise.com/o/en/campaign/strike-out-stigma-bowl-a-thon-2019
2. Select the **Join** button. Then choose **Create Your Own Team**.
3. You'll be asked to **Log In** if you have an account from previous Bowl-a-Thons. Otherwise, you need to set up a CrowdRise account with your email and a password (or your Facebook account) so you can manage your page. CrowdRise is a safe website that you can trust.
4. On the Create Team page, fill in the Team Name and Team Goal. **Each bowler has a minimum of \$100, so \$500 per team.** You'll be surprised how easy it is to fundraise online, so shoot for the moon! Finally, fill in your Team Story. Write a personal appeal, or use the one that's on our Strike-Out-Stigma-Bowl-A-Thon page.
5. On the next page you can upload a photo. We have pics from 2018 uploaded on dropbox.com, so if you bowled with us last year, click on [TMHA DROPBOX](#) and download the photo you want. You can also skip this option completely.
6. You now have a functioning page click **VIEW** to access it. You can either share on Facebook or send the URL out to **team members so they can join**. At the bottom of the page is a red **Share** button. Click on that and copy the URL, then send it to your team.
7. You have the ability to **Edit and Stylize** your Content to your heart's content. It is all quite easy and intuitive, but if you get hung up just reach out to Caity McCardell at the contact info below.
8. Your campaign is now **LIVE** and it's time to **Ask for donations** - **THIS IS THE FUN AND EASY PART** - share your page url by email or social media with friends and family. You can paste the link to your fundraising page in the body of an email along with your personal message - just click on the various icons for Facebook, etc.

**We are happy to help with any questions or concerns
that arise as you configure your CrowdRise page.
Contact Caity McCardell at (805) 540-6557 or cmccardell@t-mha.org**



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TEAM BOWLERS

JOIN YOUR TEAM AND SET UP YOUR OWN FUNDRAISING PAGE

1. Ask your Team Captain to email you an invitation to join the team!
2. Click the JOIN THE TEAM link.
3. You will be prompted to sign in with Facebook, enter your CrowdRise account info if you've used them before, or set up a new account by clicking on this: Don't have an account? [Sign Up](#)
4. A pop-up window will appear, then click on JOIN THE TEAM.
5. **Your live fundraising page will appear!** Now it's time to customize...it's a pretty intuitive process. You can choose to Edit the Content and add your own text and photos. Let people know why TMHA and SLO Hotline are worth supporting. If you need help, you can use our logo and message!

⇒ Cut and paste our Bowl-a-thon logo on this page:



⇒ If you bowled last year, download your team pic from [TMHA DROPBOX](#)

7. Now, all you need to do is email your friends and family and/or share your fundraiser on social media! Click the Share on Facebook button, or the Share button on the bottom to copy the link to send out to everyone. You will also receive an email from CrowdRise with info on how to email and share the link to your fundraiser. It's fast and easy.

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Strike Out Stigma Bowl-a-Thon **PLEDGE SHEET**

Please fill out this pledge sheet and **bring it to your bowling shift!** Be sure to include how much you raised online (via CrowdRise) along with any cash or checks. Remember, each bowler must collect \$100 minimum, or a team must raise \$500, in order to participate in Bowl-a-Thon.

Bowler's Name: _____ Bowling Date: _____

E-mail: _____ Phone: _____

Team Name: _____ Captain's Name: _____

	Cash	Check	Online (CrowdRise)	Total In-Hand	Outstanding (does not count for incentive)
Bowler:					
Auditor: Initial here _____					

FUNDRAISING INCENTIVES

\$250 or more:

- \$25 Target or Amazon Gift Card

\$500 or more:

- \$50 Target or Amazon Gift Card

\$750 or more:

- \$75 Target or Amazon Gift Card

\$1,000 or more:

- \$100 Target or Amazon Gift Card

TOP CONTRIBUTOR AWARDS

Top Individual Fundraiser

- \$150 Target or Amazon Gift Card

Top Fundraising Team

- Pizza Party and Central Coast wine for 10 held at the Growing Grounds Farm in San Luis Obispo

**CHECKS CAN BE MADE
PAYABLE TO TMHA**





Strike Out Stigma Bowl-a-Thon DONATION/PLEDGE RECEIPT

Business/Individual Name: _____

Your tax deductible contribution of \$ _____ is greatly appreciated.

Transitions-Mental Health Association, a private, not for profit 501(c)3 organization.

Tax identification number 95-3509040.

Donations support SLO Hotline and other mental health services in San Luis Obispo and Northern Santa Barbara Counties.

Please call (805) 540-6557 for general information, Bowl-a-Thon participation, sponsorship and volunteer opportunities, or to make additional donations.



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