



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

Cal Poly Mustang Lanes

Thursday, March 21st & 28th—6pm

Sunday, March 24th & 31st—
12:30pm & 3:00pm

Pismo Beach Bowl

Friday, March 22nd & 29th—
4:00pm & 6:30pm

Sat, March 23rd & 30th—
3:00pm & 5:30pm

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

Rancho Bowl, Santa Maria

Saturday, March 16th—3:00pm

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





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:
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In-Person:
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