



Do It Yourself – Sporting Events

Team Captain Guide

Thank you for taking on the role of a Team Captain for MDA. Your leadership and commitment in this event will help support the long-standing tradition between fire fighters and MDA. Together we can save and transform the lives of people living with muscular dystrophy, ALS and related neuromuscular diseases. This document includes event information, team recruitment ideas and fundraising tips to help reach your teams fundraising goal.



Recruit Team Members

Fire fighters/EMTs, friends, family members, neighbors, local businesses, etc., are welcome to join you! It is your job to get others excited about contributing to MDA. Set a goal of recruiting four to five people for your team.



Help Fundraise

Thank your team members for participating and inspire them to raise as much as possible for MDA. Set a team goal and be sure to tell them how the money they raised is helping provide programs, services and support families. Each team must collect a minimum amount to participate in the event.



Stay Connected

Communicate all event details to your team members, including any incentives and prizes available. Meet with them prior to the event to collect donations, brainstorm fundraising ideas, and get them excited about the event!



Have Fun

Please bring all the money you have collected to the event with you. We hope you have a great time participating in all the festivities!

Thank you for your support of MDA and taking on this role as team captain!