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ATTLEBORO YMCA

SPIN-A-THON 2012

TEAM CAPTAIN GUIDE

THANK YOU. We're thrilled that you've decided to take on the role of Captain for the 2012 Spin-a-Thon! Whether you're a first-timer or this is your fifth year in a row as Team Captain, we want to make the process as easy for you (and your team) as possible. That's why we've assembled this quick guide about this year's event.

Spin-a-Thon Event Saturday, March 10, 2012
12:00 noon-6:00 p.m.
Attleboro YMCA Downtown Branch
Ride times begin on the hour.
Two riders from each team will participate at a time.

Captain Orientation & Get-Together Thursday, January 26, 2012
5:30 p.m.
Highland Country Club Grille Room & Bar
Meet the other captains and have some fun, while learning more about this year's event, sharing fundraising tips, and even getting help to set up your teams on FirstGiving.

As a Spin-a-Thon Team Captain, your responsibilities include:

- Recruiting a team of 12 riders (That's right, we're adding an hour of ride time and upping our teams to 12 this year!)
- Make sure everyone on your team has registered **by Friday, February 17th.**
- Serve as the liaison between your team and the Attleboro Y
- Communicate with your team about any Spin-a-Thon updates
- Help and support your team as they collect pledges and fundraise toward the team's collective goal of \$1,200 (an average of \$100 per rider)
- Ask friends and family to sponsor your ride.
- Hop on one of your team's bikes for an hour and get a great workout—all amid a celebratory atmosphere and great community spirit.

How to register yourself and your team:

To ensure that this year's event runs smoothly, we're requiring that each Captain and Rider register for the Spin-a-Thon on Firstgiving.com. FirstGiving is an excellent fundraising tool, but even if you don't plan to use the site for fundraising purposes, it allows the Y to communicate more easily with all our Riders and collect all the necessary information we need from each Rider, including the all-important T-shirt sizes.

1. Go to www.firstgiving.com/attleboroymca/spin-a-thon-2012. Click on the big green "Register" button.
2. Register as a Captain.
3. When it prompts you to enter your team name, please enter your team name followed by your own name in parentheses. For example: Positive Spin (M Hamilton). This will make it easier for your teammates to find you.
4. Complete your registration and set up your fundraising page. Feel free to add your own pictures and personal story about why you're a part of the Spin-a-Thon and why you support the Y's Best Friends Campaign.
5. Invite your teammates to sign up! Give them the same instructions, except that they'll want to register as a Rider and select your team.

Questions? Contact Meghan Hamilton at mhamilton@attleboroymca.org or (508) 409-0733.