

Fight for Air Climb is a great way to bring people together to work toward a common goal. This guide will introduce you to the benefits of and the activities involved in building a team.

## **What is a team?**

- A team consists of a captain and at least three additional team members. A team may have more than one captain, which is a great way to share responsibilities.
- Teams are generally classified as Corporate (meaning that they are representing a company or organization) Friends and Family or Firefighter. However, we encourage all teams to be inclusive and recruit from many areas. Some of our best corporate teams consist of company members and their families and friends.
- Each team member is encouraged to raise money toward achieving a world free of lung disease.
- Monies raised by individuals on a team combine to make that team's fundraising total.

## **What does it cost?**

- There is no fee for registering a team, but each individual is responsible for their own registration fee.
- Each team member must raise a minimum of \$100.
- Teams may invest in team shirts, team jerseys, a team tent, or other items, but those costs are at the discretion of the team or supporting company.

## **Why do we like teams?**

- Teams provide a way for groups to get involved with the American Lung Association and raise awareness of healthy lungs and air as well as the programs we offer.
- Teams provide a support mechanism for members during the training and fundraising season.
- Teams allow organizations to show their philanthropic spirit.
- Teams generate enthusiasm before, during, and after the event.

## **Why should you form a team?**

- The best reason to form a team is to join the fight for healthy lungs and air! Money raised by our participants directly funds programs, services, research and advocacy.
- You want to join the fun. Not only is this a unique event in our community, your team gets to enjoy fantastic food, drink, and live entertainment. And these things are all best when shared with your friends, family, and/or co-workers.
- Teams provide a way for people to come together. The Climb provides a common goal for team members to rally around.
- Team participation creates great community visibility for a company or organization.
- A team provides great motivation to reach a personal fitness goal while enjoying time with others.
- Teams can win great prizes for spirit, fundraising, and participation!

## **What are the responsibilities of the team captain?**

- The team captain leads efforts to recruit team members.
- The team captain encourages team members to set and meet individual and team fundraising goals.
- The team captain may organize training climbs, group socials, and/or fundraising events for the team.
- The team captain is the primary contact between the American Lung Association and the team. The team captain will receive regular emails with event, fundraising, and mission updates. It is the responsibility of the captain to communicate pertinent information to other team members.
- The team captain should encourage team members to have fun!

## **What tools are in place to assist the team captain?**

New to the team concept? Let us help! There are many resources and events available to team captains:

- **Web Tools:** As a participant, you have access to great online tools that you and your team members can use to register, send email messages, request and track donations, and monitor progress. Build a web page for your team and have each team member create a personal page, too!
- **Emails:** We'll help you through the process of being a team captain by providing you with regular emails tailored to help you with recruitment, organization, and fundraising.
- **Training Series:** We have posted a sample training program online. Use this tool to get your team ready for race day.
- **Clubs:** Team members are encouraged to strive for Clubs that recognize great fundraising efforts. Prizes are included to entice.
- **Team Challenges:** Team Challenges are a fun way to promote your team's recruitment and fundraising efforts. We'll provide you with creative ideas and emails and give you the support and encouragement (including prizes) you need to step it up.