



Instructions for Team Captains

Raising funds as a team can be fun! Our Walk for Life website is the **only** place where you can register online and create or join a team. Visit www.walkforlife.com and click on the “Register” button this will take you to our event page, click “Register” again to sign-up.

Have fun creating team spirit by making your own t-shirts to wear at the walk or by creating your own internal competition and rewarding your team's top fundraiser.

1) How to sign up...

- a) Register online (see above).
- b) Create your team online, by selecting your team in the “My Team is” box or click on “Add a Team” to create a new one.
- c) If you already registered and didn’t join a team at that time,
(1) Log into your fundraising page, (2) Click the “My Page” button at the top, (3) In the middle of the page, click on the “My Team” tab to either create, join or leave a team.
- d) Encourage others to join your team!

2) Team Captains...

- a) Recruit individuals to join your team.
- b) Create team spirit by making your own team shirts, hats, posting on social media, etc. Let the creativity flow!
- c) Encourage your team to achieve their individual fundraising goals.

3) October 1st is Walk for Life Event Day!!! At the event, Team Captains...

- a) Check-in at the Team Captains Check-in Area.
- b) Make a fun sign with/for your team so they can find you.
- c) Have fun and enjoy the event!!!

For questions about Walk for Life teams, please contact Michele Ly at the First Care Women's Clinic Administrative Office, 561.688.2163 or mly@firstcareforlife.com.