



**HOUR OF POWER
IDEAS FOR RAISING
SARCOMA AWARENESS
AND FUNDING FOR RESEARCH**

ON CAMPUS & IN THE COMMUNITY

- Set up a table in the student center, dining halls or other campus common areas:
 - Hand out Hour of Power (HoP) event flyers and University of Chicago (U of C) sarcoma program overview to inform students, staff and faculty and encourage attendance at the Hour of Power.
 - Sell T-shirts.
 - Ask for donations.
- Have a bake sale.
- Blow up the HoP flyer to poster size and put it up around campus to advertise the event and encourage attendance at HoP.
- Team members post flyers on their dorm room doors and on dorm bulletin boards.
- "Do you have change?" fundraiser: team members visit each dorm room and ask for spare change. Can be done around campus, too.
- "Trick or Treat for Ted": Go into town or around campus on Halloween, or the weekend before, to trick or treat for donations. Use trifold HoP flyer as handout. Costume can be team warm-ups.
- T-shirt and swim cap sales:
 - Get white T-shirts donated and go around campus getting students to sign the shirts in exchange for a donation. Wear the T-shirts at the HoP.
 - Design and sell HoP Tee-shirts in the school colors; sell the shirts to team members, family and friends. Sell the shirts around campus and at alumni meet/homecoming/parent weekend, at HoP.
 - Do either of the above with swim caps.
 - Buy the Cancer Sucks T-shirt and swim cap (available through the Cancer Sucks merchandise link at the Carleton College Hour of Power web page <http://go.carleton.edu/HourOfPower>).
 - If there are enough teams in the conference taking part, design and sell a conference "Hour of Power" cap.
- Swimmers donate their pizza/beer money for a week to raise money.
- At the end of the team's Hour of Power, ask every swimmer to come to the next practice with at least \$1 donation.
- Send campus-wide emails to all faculty and staff describing the HoP and asking for donations.
- Use the athlete fundraising letter and pledge sheet found at registration web site.
- Raffle off a handmade T-shirt quilt.
- Invite Masters teams to participate. Run the clock during the HoP so Masters swimmers can get official splits.
- Use incentives. If the team meets a fundraising goal: 1. the coach will swim the Hour of Power with the team; 2. the coach will grow a mustache or shave his/her head; 3. some campus figure (dean, athletic director, faculty, etc.) will swim the event with the team.



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- Invite a cancer survivor to talk about the importance of cancer research. A number of teams have invited former swimmers, swimmers' family members, or college staff to speak about their experiences and the importance of cancer research.
- Prior to the Hour of Power invite swimmers to say a few words about why they are swimming—usually there is someone the swimmer knows who has battled or is battling cancer.
- Involve the wider campus community in the Hour of Power:
 - Ask other sports teams to swim with the team or come/cheer during the HoP.
 - Ask other sports teams to do their own HoP (e.g., baseball and softball teams run the bases for an hour; soccer teams continuously dribble and do drills for an hour, etc.).
 - Conclude HoP day with all-campus or all-school pizza party.
 - Send email inviting all students, faculty and staff to come cheer the swimmers in the pool during the HoP.
 - Ask professors and college staff to swim with the team.
 - Ask the college president or a dean to address the team before the HoP.

All checks should be made payable to:

FJC/Ted Mullin Fund FSP

(please write your team name in the memo line)

and mail to: The Ted Mullin Fund

P.O. Box 437 Winnetka, IL 60093-0437

FJC is a 501(c)(3) Not-for-Profit Charity and a Foundation of Philanthropic Funds. All donations made to FJC/Ted Mullin Fund are tax-deductible to the extent allowed by United States law and support the sarcoma research program at the University of Chicago.

Donations may also be made online at www.tedmullinfund.org

Please direct any questions to Rick Mullin or Mary Henry

847.971.5003 or info@tedmullinfund.org

THANK YOU

For more information, please visit www.tedmullinfund.org

