

NAMIWalk 2019 Information Sheet

How to Create a Team:

- 1) Create a walk team on namiwalks.org/hawaii **All volunteers must be registered** for liability reasons.
- 2) List yourself or an officer as the team captain
- 3) Name your team after your school and add HOSA to your name (ex. Moanalua HOSA) NOTE: It's very important to add HOSA to your team name because we need to have a count of every member present
- 4) Once you're a team, sign up each member under the team;
- you can either tell them to register themselves and choose your team upon registering - you can put in each child's name during the team captain registration process.

Ways to Volunteer:

- 1) Fundraise as a team or individual
 - a) Collect donations or hold a fundraiser
 - b) Turn in along with donation form to Registration Tent on walk day
- 2) Walk on walk day as spirited cheerleaders
 - a) Have a team of at least ten people and make spirited signs (ex. #stigmafree)/decorate t-shirts
- 3) Help with the walk site:
 - a) Set-up: Please show up by 6:30a, 7:00a at latest for the volunteer briefing. Set-up duties include decorations, trash set-up, litter pick-up, tables/chairs, goodie bag making.
 - b) Waterbooth: SHIFT TIME TBD Since we are going green this year we are having water booths stationed along the walks. We are looking for HOSA volunteers with a parent that would be interested in being stationed at a water booth, there are a number of them that will be along the walk route.
 - c) Clean-up: From 11:00 to noonish. Duties include litter pick-up, take-down of tables and tents, and loading of miscellaneous gear.

All teams can walk and fundraise in addition set-up/clean-up.

To get started with us:

- 1) Talk to your kids, register, and create a team.
- 2) E-mail Anisa Wiseman at manager@namihawaii.org and let her know you've created a team, send her a document of all volunteers (a list of names) and which duties you prefer.
- 3) Wait for an email approving your duty and further logistics.
- 4) You're good to go! You can add more to your roster, do some awareness events, and anything else that will bring spirit to your HOSA chapter!