

SCHOOLS FOR THE CURE®

JOIN US IN THE FIGHT!





WE LIVE HERE

While Susan G. Komen® is a national organization, we assure you that Komen Austin is local. We live here and are pleased to serve and support the community through breast cancer awareness programs and grants.

We know that one out of eight women will have to fight breast cancer in her lifetime. That's why, since 1999, we've been hard at work here in the Austin area raising money to provide breast cancer screening education and medical services, as well as financial and emotional support to our local communities.

WE RACE HERE

Our biggest fundraising event each year is the Race for the Cure®, and we're looking forward to this year's Race generating even more funds that can help us fight breast cancer in and around Austin. This year's Race will take place in downtown Austin on Sunday, November 16th, 2014.

WE SAVE LIVES HERE

75 percent of the money we raise each year is put to work right here in Bastrop, Caldwell, Hays, Travis, and Williamson counties to improve the lives of everyone affected by this deadly disease. The remaining funds go to national research to find a cure for breast cancer once and for all.

This year we will invest more than \$850,000 in the fight against breast cancer, providing more than \$518,000 to our local community partners and more than \$338,000 to national research. Community grants fund education, screening, diagnosis, and treatment programs for breast cancer. These services can literally save our mothers, sisters, friends, and neighbors' lives, and the services are available because of local contributions.

While we're proud of the great work we've done over the years, we know that the fight is not over. We have much work to do.

HOW YOUR SCHOOL CAN GET INVOLVED

RAISE AWARENESS

Education and early detection are the best ways to improve survival rates. Organize a rally or assembly to inform your student body about breast cancer and how to detect it as early as possible. Let us know if we can help provide a speaker for your event.

RAISE FUNDS

There are many ways you can raise funds. Your school can host events through October, Breast Cancer Awareness Month, or get creative and design a pink fundraiser at any time of the year! Some fun-filled, school-wide fundraising ideas can be found on the following pages.

JOIN THE SCHOOL CHALLENGE!

Add excitement to your fundraising efforts by joining the school challenge! Take part in this year's Susan G. Komen Race for the Cure® as a school by entering a team for the whole school or encouraging students to create their own teams. Be the top team among local schools and your school will receive an award and special recognition from Komen Austin!



SUSAN G. KOMEN RACE FOR THE CURE® AUSTIN

More than thirty years ago, Nancy G. Brinker promised her sister that she would do everything possible to put an end to breast cancer. Today, thanks to more than 100,000 survivors and volunteers/activists, Komen is the world's largest, most progressive grassroots organization fighting breast cancer. The Komen Race for the Cure is the largest 5k series in the world.

WAYS YOU CAN EXPERIENCE THE RACE

FORM A TEAM & FUNDRAISE

Putting together a Race team is a competitive and fun way to get involved with the Susan G. Komen Race for the Cure® Austin. Every year we have dozens of teams participate in the fundraising aspect of the event as well as the Race itself. Teams are made up of families, friends, co-workers, and students. A great way to kick-off your fundraising is to start a team with your classmates. On Race day, teams with the highest fundraising amounts will be recognized. Race teams can come up with creative team names and t-shirts to set themselves apart from other teams as well. A team captain toolkit can be found on the Komen Austin website.

VOLUNTEER

Volunteers are a critical component of the Susan G. Komen Race for the Cure® Austin. Each year, over 2,000 dedicated and passionate volunteers share their time, talents, and stories with us. These great volunteers are what make our Race such a success.

We are always looking for new and eager volunteers and have plenty of jobs to fill for this amazing event to run smoothly. From set-up, to clean up, we would love to have you join us.

Your student organizations can make an impact! These volunteer opportunities are a great ways for students to get involved in their community. Volunteer sign up for the Race can be found on our website: www.komenaustin.org



TEAM FUNDRAISING IDEAS

- Create a fundraising competition among team members. The highest amount wins bragging rights or a prize!
- Ask each potential donor to ask someone else for a donation.
- Have each team member place a "Spare Change for the Cure" jar by their front door.
- Make pink ribbon pins to give out for a donation.
- Collect empty bottles and cans for the deposit.
- Post your team involvement and fundraising progress on Facebook, Twitter, or other social network outlets.
- Turn the page for more ideas!

FUNDRAISING IDEAS

BREAST CANCER AWARENESS MONTH

Take advantage of October being Breast Cancer Awareness Month to turn your school pink and raise money for local breast cancer programs.

PENNY WARS

Place a penny jar in common areas like classrooms or student lounges. The classroom that raises the most pennies wins. To make things more competitive, students can place other coins and dollar bills in opposing teams' jars. These coins are still donated by count against that room's pennies.

DRESS-UP DAYS

Create a Komen spirit week. Encourage students to have a crazy hair day, or wear hats, pajamas, formals, etc. If your students wear uniforms allow students to wear jeans that day. The catch: they have to pay a fee in order to do so, but all the money raised will go to Komen Austin.

PINK RIBBON DECORATIONS

Wallpaper the halls with pink ribbons in honor of friends and family. See if you can make a pink ribbon paper chain around the entire school.

SPECIAL ASSEMBLY

Honor teachers, moms, friends, and family members at a special assembly. Invite your cheerleaders to perform an 'I AM THE CURE' cheer. Ask faculty who are breast cancer survivors to share their journey and the importance of early detection.

'MAMA-GRAMS'

Celebrate Mother's Day or other holidays by designing cute messages and gifts to show your moms how much they are loved.

IN THE PINK®

Host a Pink day at your school! Deck your school and yourself out in pink for one day during your spirit week. Donate \$1 to Komen Austin to wear your pink hats, bandanas, shirts, shorts, socks, and of course ribbons or whatever pink articles of clothing you choose to wear. Have fun showing off your dedication and spirit in the fight against breast cancer!

OTHER WAYS TO GET YOUR SCHOOL INVOLVED!

- Make pink ribbons to be worn throughout your spirit week or breast cancer week. Collect donations for each ribbon your school sells.
- Host a Pink Bake Sale.
- Partner with Panera and host a Pink Ribbon Bagel day.
- Send cards to survivors.
- Share your story- use your school newspaper to tell how breast cancer has made an impact in your life or the life of someone you know.
- Come up with your own fundraising or awareness event! Get creative!
- Volunteer at Komen Austin events!

SPORTS FOR THE CURE®

The following are a list of other sporting event ideas for your school team to get involved in with Susan G. Komen® Austin and join in the fight against breast cancer.

- Hoops for the Cure®
- Volley for the Cure®
- Dig for the Cure®
- Pitch for the Cure®
- Kickoff for the Cure®
- Play for the Cure®
- Shoot for the Cure®

Fundraising for any of these sporting events can come from a portion of the total admission, raffles, half-time competitions, bake sales, concessions, or selling pink t-shirts and other items at the event. Any other fundraising ideas are strongly encouraged so don't be afraid to have fun and get creative!



HOMECOMING GAMES OR HALF-TIME EVENTS

Have a drawing during half-time that encourages fans to donate to Komen Austin.

PINK-OUT GAMES

Invite your football, lacrosse, basketball, or any sports team to host a Pink-Out game where everyone wears pink to show their support. Sell concessions to raise funds or donate ticket proceeds. Distribute pink boas to cheerleaders and have them perform the special Komen cheer, 'I AM THE CURE'.

STUDENTS VS. TEACHERS TOURNAMENT

Get a team of students and a team of teachers to play a sport-volleyball, football, basketball, etc. Donate ticket proceeds and challenge the losing team to match the donation.

2013 SCHOOLS FOR THE CURE WINNERS

Largest Elementary/Middle School Teams

1. Brentwood Christian School, 61 members
2. NJHS/Canyon Ridge, 46 members
3. Melanie's Minions, 34 members

Largest High School Teams

1. Vandegrift High School, 85 members
2. Westlake High School, 56 members
3. Bowie Silver Stars, 51 members

Largest University Teams

1. Zeta Tau Alpha- UT Austin, 389 members
2. Zeta Tau Alpha- Texas State University, 311 members
3. Texas Fiji, 180 members

