



## Buddy Walk© Team Captain Packet

Thank you for your interest in becoming a **Team Captain** for the **Fun Coast Down Syndrome Association**. The walk is scheduled for Saturday **November 2, 2024** 11:00 a.m at Central Park- Town Center - Palm Coast. Please mark that date on your calendar now! Teams pool their fundraising efforts with the guidance of a Team Captain. The best part is the fun you can have with a group of your friends **working together to increase the awareness of others about individuals with Down syndrome.**

The Buddy Walk is the largest fundraiser of the year for Fun Coast Down Syndrome Association. The proceeds raised go directly to support local and national education, research and advocacy effort as well as fulfill our mission to provide support, education and resources to individuals with Down syndrome, their families, and community, in order to foster an environment in which individuals with Down syndrome are included and valued as contributing members of our society. The majority of the funds raised at the event come from pledges. In order to achieve our goal – **WE NEED YOU!**

We will help you with all the information you need. Whether experienced or a novice ... **GO FOR IT!!!**

Listed below are just some of the materials and tools we will provide you with as a Team Captain:

- Team member sign up sheet
- Ideas for team fundraising
- Buddy Walk brochures and registration forms
- Donation collection forms

Please complete the attached form and e-mail or mail to FCDSA as soon as possible so you can start to receive your fundraising resources.

Fun Coast Down Syndrome Association  
22 Bannerwood Lane  
Palm Coast, FL 32137

[funcoastdown@bellsouth.net](mailto:funcoastdown@bellsouth.net)

**If you have questions or would like to learn more about forming a Buddy Walk Team, call Diane Pietrosante (609) 846-6492.** Thank you for considering this opportunity to help raise public awareness and raise funds to support the programs and services provided to children and adults with Down syndrome. We want to be able to continue to be here to help and to continue to grow and increase what we can do.

Sincerely,

Diane Pietrosante  
Buddy Walk Organizer



# TEAM CAPTAIN COMMITMENT FORM

*Please sign me up to be a Team Captain!*

NAME: \_\_\_\_\_

TEAM NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ WORK PHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

**So that we may serve you better, please tell us a little bit about yourself:**

- √ THIS IS MY \_\_\_\_\_ YEAR TO DO THE BUDDY WALK.
- √ I HOPE TO RECRUIT A TEAM OF \_\_\_\_\_ MEMBERS.
- √ MY GOAL IS TO RAISE \$\_\_\_\_\_ FOR DOWN SYNDROME.
- √ MY INSPIRATION: \_\_\_\_\_.
- √ I WANT TO RECEIVE INFO BY E-MAIL \_\_\_\_\_ OR MAIL \_\_\_\_\_

Please send this form in as soon as you have decided to put together a team. Once we receive your form, we will send you the tools to help you succeed!

**Mail or email your Team Captain Commitment Form to:**

Fun Coast Down Syndrome Association

22 Bannerwood Lane

Palm Coast, FL 32137

Phone: 386-447-8034

E-Mail: [funcoastdown@bellsouth.net](mailto:funcoastdown@bellsouth.net)



Dear Buddy Walk Team Captain,

Thank you for signing up to be a Team Captain for the 19th Annual Buddy Walk on November 2nd. Enclosed are the tools to help you as a Team Captain. If you have not yet already done so, now is the time to recruit everyone you know to be on your team.

We encourage your team to raise money for the Buddy Walk, so the Fun Coast Down Syndrome Association (FCDSA) can continue providing resources for those in our community.

**Please register yourself and create your team at**

<http://www.ds-stride.org/funcoastbuddywalk>

Thank you so much for supporting this event and the efforts to raise the funds necessary to continue to provide the programs and services to support the mission of FCDSA. You are all very special individuals and we look forward to working with each of you.

If you need any additional information, please contact me.

Sincerely,

Diane Pietrosante  
President (Supreme Leader)  
FCDSA  
[dpietrosante@yahoo.com](mailto:dpietrosante@yahoo.com)  
(609) 846-6492  
(386) 447-8034



### **Tips to Raise \$500 in One Week**

- Day 1: Start by sponsoring yourself for \$25
- Day 2: Ask three family members to sponsor you for \$25
- Day 3: Ask five friends to donate \$15
- Day 4: Ask five co-workers to sponsor you for \$10
- Day 5: E-mail 15 people and ask for a \$10 donation
- Day 6: Ask your company for a \$75 contribution
- Day 7: Ask two businesses you frequent for \$25

**Ask each of your team members to do this as well!**

### **School Captains**

Ask each faculty member to set up a collection container in their classroom. You know how competitive teachers are, possibly have an ice cream party for the class that raises the most money.

Also place a collection container in the Media Center, reception desk, staff and faculty workroom, or anywhere there is a lot of traffic from the public.

Please be sure the containers have the official Buddy Walk and FCDSA logo on it.

CH69957 A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800-435-7352) WITHIN THE STATE. REGISTRATION DOES NOT IMPY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE SITE.



# BUDDY WALK FACT SHEET

**What:**

The Buddy Walk® was created by the National Down Syndrome Society in 1995 to celebrate Down Syndrome Awareness Month in October and to promote acceptance and inclusion of people with Down syndrome. The Buddy Walk has grown from 17 walks in 1995 to more than 250 walks worldwide, raising more than \$13 million was raised nationwide to benefit local programs and services, as well as the national advocacy initiatives of NDSS that benefit all individuals with Down syndrome.

This is the 18th annual walk for the Fun Coast Down Syndrome Association. The Buddy Walk is a one-mile walk in which anyone can participate without special training. After the walk, you and your family will enjoy entertainment for everyone, including face painting, carnival games, music, dancing and more!

**Where:**

Central Park - Town Center- Palm Coast

**When:**

November 2, 2024

**Who:**

Children, young adults and adults with Down syndrome, family members, friends, healthcare professionals, corporate teams and members of the community – bring a wagon, a stroller and a friend. All are welcome!

**Why:**

The Buddy Walk© is our opportunity to show our community that people with Down syndrome are more alike than different and raise the funds to provide resources to individuals with DS and their families. This year our goal is to raise enough money to continue to provide resources at our new Enrichment Center and create a memorial garden for our members who are no longer with us.