

NEW JERSEY



WALKS FOR TS

TEAM CAPTAIN HANDBOOK



2020 Virtual Walk



NJ Center for Tourette Syndrome
and Associated Disorders, Inc.

About NJ Walks for TS

NJ Walks for TS promotes awareness, acceptance, action, and advocacy of Tourette Syndrome and its associated disorders. This event is about fun and empowerment for kids, by kids, and about kids. It is a chance to stand up and step out to break the stigma attached to TS and show your support for our friends, family, and neighbors living with this misunderstood neurological disorder.

To meet the needs of our on-the-go families and to ensure the greatest impact, NJCTS expanded NJ Walks for TS to encompass the entire state throughout the spring of 2020. It is NOT a single event on one day. The NJ Walks for TS **Virtual Walk** will allow your family and friends to show support wherever you choose, however you choose, anytime throughout March, April or May.



When you register as a Team Captain for NJ Walks for TS you receive a personal fundraising webpage. This serves as a helpful tool for your fundraising efforts, and you can personalize the page to make it your own. As a Team Captain, it's your responsibility to encourage others to participate - either in your event (more on that later) or as a donor.

All funds raised support various NJCTS programs including education outreach, scholarships

Registration

If you haven't already, get started at www.njcts.org/virtual. Click on "Register as a Team Captain." When you reach the registration page, click on the button that says "Create my own fundraising page." (It's under the scroll).

Personalize your webpage

Everyone has a special reason for supporting NJCTS. Use your personal fundraising page to tell your story. Effective fundraising webpages tell a story and contain a picture. Use this as an opportunity to share your experience with others and explain why you are participating. Remember, when people know why you are fundraising, they are much more likely to support you! You can also think of a fun and memorable name for your team! If you have any issues, please call us at (908) 575-7350.

Set a target

Aim high with your personal target – it can motivate you and your donors. Our highest fundraisers will be invited to a special TS Awareness Day event to be held at the NJ State Capitol in early June.

Donate to yourself

Set the standard and make a benchmark donation yourself. This will show your dedication to the cause and can set the average amount others will give. The number one reason why people give is because they are asked!

Spread the word

Email your page link to everyone you know, including friends, family, colleagues, and more. Post your story and personal link on social media. Most people want to help, especially if you explain your connection to TS and/or NJCTS. If you're organizing a local walk, running a 5K, or doing another event, be sure to invite them to join you!

Frequently Asked Questions

Do I need to do a walk?

No. But you can if you would like to. We have had teams in the past invite family and friends to join them at the local park for a few laps.

Other group events:

- Sign up for a 5K or other run
- Do laps in an indoor pool at the gym
- Organize a bike ride around the neighborhood
- Neighborhood game night
- Bowling - ask management for a discount or donation
- Organize a park or beach clean-up
- Family fun day or picnic
- Netflix marathon at your house!

Just be sure to let everyone know why they're there!

How do I get a NJ Walks for TS t-shirt?

As a team captain you will receive a 2020 Walk shirt when you raise your first \$25. (This could be a self-donation). If you sign up by March 1, we will even put your team name on the back of the shirt! If any of your team members, or supporters, would like a shirt, they can purchase one and the cost of the shirt will be included in your donation total. There is an order form included in this handbook or you can order online. **Make sure you wear your shirt during your event!** Take photos and send them to us so we can share on our social media.



When do I need to complete my walk or other event?

Any time! That's the beauty of a virtual event. NJCTS will be running the walk promotion from March through May. You can fundraise before or after that time, but only money raised by June 1 will be counted towards incentives.

What is the event at the New Jersey State House?



Each year NJCTS celebrates TS Awareness Day with an event at the New Jersey State House in Trenton. The event is on, or close to, TS Awareness Day which is June 4. During our time there we recognize our scholarship winners, our graduating Youth Advocates, and our top Walk fundraisers. Our top 5 fundraisers will be invited.

Fundraising Ideas

To get everyone excited about your team, there are many ways to keep it fun and exciting! Consider doing some of the following to raise money and awareness. Everyone loves to get involved in something so try one of these to help you reach your goal!

- Bake Sale
- Bowl-A-Thon
- Car Wash
- Dance-A-Thon
- Dress Down Day at Office or School
- Sell Awareness Bracelets available from NJCTS
- Golf Tournament (or mini-golf)
- Restaurant Dine and Donate Night
- Pancake Breakfast
- Spaghetti Dinner
- Wine Tastings (for our over 21 crowd)
- Paint and Sip
- Karaoke



Other sources:

- Corporate matching gifts from your company
- Set up a fundraiser on Facebook. You can do this directly from the NJCTS Facebook page.
- Ask your gym to conduct a benefit class
- Don't forget to ask for donations! Your dentist, hair stylist, neighbor, etc.

Sponsorship

Included in this handbook is a sponsorship information sheet and form. If you wish to solicit a business for a donation, you can provide them with this information. If you have a confirmed sponsor, please let us know so we can provide them with their benefits like putting their logo on our website and the walk t-shirt. If they have any questions, they can reach out to us directly.

Please make sure all checks are made out to NJ Center for Tourette Syndrome.

Please note: Funds raised offline, cannot be added to your online fundraising total. However, they will count towards your bottom line and any incentives, including the trip to the State House.

Incentives

\$25 Walk T-shirt

\$500 \$25 Amazon Gift Card

\$1,000 "One of the GreaTS" hooded sweatshirt*

*will be ordered after event ends

Top 5 Fundraisers Invited to NJ State House for TS Awareness Day





-FACT SHEET-

In 2004, NJ Center for Tourette Syndrome & Associated Disorders, Inc. (NJCTS) received funding from the State of New Jersey to create a Center of Excellence that would provide programs and services to support families while utilizing collaborative relationships to educate the public, medical professionals and educators to ensure individuals with Tourette Syndrome and associated disorders are accepted, contributing members of their communities while supporting innovative research to develop diagnostic and treatment therapies and, ultimately, a cure.

Tourette Syndrome (TS) – An inherited neurological disorder characterized by the childhood onset of uncontrollable vocal and physical tics. 1 in 100 children exhibit symptoms of TS or other tic disorder. 86% of children living with TS have also been diagnosed with associated mental health disorders such as ADHD, OCD, Anxiety Disorders, and Learning Disabilities.

NJCTS provides:

- Medical referrals for medical diagnosis, treatment and psychological services
- Training to the next generation of medical professionals.
- Education outreach including faculty trainings and peer presentations
- Youth development opportunities and advocacy training
- Family connections through a retreat weekend and outreach events
- Educational webinars
- Research into the cause and treatment of TS

In 2007, NJ Center for Tourette Syndrome and Associated Disorders (NJCTS), in partnership with Rutgers University, established the NJCTS Cell & DNA Sharing Repository. The repository is the world's first sharing resource of clinical data and genetic samples from which all qualified scientists could draw for their research.

In 2014, NJCTS partnered legendary goalkeeper and TS advocate Tim Howard to launch the NJCTS Tim Howard Leadership Academy, a four-day intensive program for high school students diagnosed with Tourette Syndrome held at Rutgers. The Academy provides a positive, respectful, safe, and accepting environment centered on self-empowerment, self-leadership, self-advocacy, and resilience.

VIRTUAL NJ Walks for TS

T-Shirt Order Form



*T-shirt orders are collected separately from online donations.
Total team t-shirt sales will be credited to team captain's fundraising total.*

Name: _____

Team Name: _____

Shipping Address: _____

Phone: _____ E-mail: _____

T-Shirt Size and Amount: Small() Medium () Large () X-Large ()

Total Number of Shirts _____ X \$25 = _____

Payment: Credit() Fill out form below or Check () Make payable to NJ Center for Tourette Syndrome

Cardholder Name:

Billing Address:

Phone: _____

Card #: _____

Security Code: _____

Expiration: _____

Amount: \$ _____

Signature: _____



Online ordering is available at njcts.org/virtual

Dear

The NJ Center for Tourette Syndrome and Associated Disorders (NJCTS) is proud to announce our 2020 VIRTUAL NJ Walks for TS which will take place throughout the months of March, April & May. Our families and supporters may choose when and where they would like to complete their walk. They don't even have to do a walk. They can do another athletic event like a 5K, organize a team tournament, or simply grab the family and go for a bike ride. The focus of this family, fun event is to promote awareness, acceptance, action, and advocacy of TS, which affects an estimated 1 in every 100 individuals.

The NJ Walks for TS supports various NJCTS programs including education outreach, professional trainings to educators and healthcare providers, anti-bullying and youth leadership workshops as well as college scholarships for high school students diagnosed with TS. To help make this event a complete success, we are asking local businesses, corporations, organizations, and individuals to participate as donors or sponsors. You can even organize or take part in a local event.

Please visit www.njcts.org/virtual or call NJCTS at 908 575 7350 to learn more.

Sincerely,

VIRTUAL NJ Walks for TS

Spring 2020



The virtual walk/run program is a great way to stand up and create awareness on behalf of those with Tourette Syndrome right in your own community.

Create your own fundraising page and invite friends and family to support your efforts.

Earn a 2020 Walk T-Shirt with your first \$25 donated or raised.

NEW JERSEY



WALKS FOR TS

#NJWalksforTS



**AWARENESS • ACCEPTANCE
ACTION • ADVOCACY**

NJ Walks for TS

To meet the needs of our on-the-go families and to ensure the greatest impact, NJCTS expanded the NJ Walks for TS virtual event to encompass all of New Jersey. Now you can create your own event (real or virtual) and invite your family and friends to participate and support you. Walk in the park, ride through town, run an organized 5K, host a family event, the possibilities are endless.

The NJ Walks for TS Virtual Walk will allow your family and friends to show support throughout March, April and May. Take photos and share with the hashtag #njwalksforTS or send them to us and we'll share them for you!

Our top fundraisers will be invited to participate at TS Awareness Day at the New Jersey State House in June!

**REGISTER TODAY:
[NJCTS.org/walk](https://www.njcts.org/walk)**

If you have questions, or need help setting up your walk page, call us at 908.575.7350.

NJ Walks for TS Spring 2020

If you would like for us to set up your fundraising page online, please fill out this form and send it back to us.

CREDIT CARD PAYMENTS

Cardholder Name: _____

Billing Address: _____

Phone: _____

E-mail: _____

Card Type: _____

Card #: _____

Security Code: _____

Expiration: _____

Amount: \$ _____

Signature: _____

REGISTRATION/DONATION

Name: _____

Team Name: _____

**Register by March 1 to get your team name on the tshirt.*

Address: _____

Phone: _____ E-mail: _____

Jumpstart your fundraising by making a donation:

Payment: Credit() Check() Amount: \$ _____

T-Shirt Size: Small() Medium() Large() X-Large()

(When you get to \$25, we will send you your event shirt. If members of your team would like shirts, they are \$25 each and the funds will go toward your fundraising total.)

Signature (read waiver): _____

(if under 18 a parent must sign)

ACCIDENT WAIVER/LIABILITY RELEASE

I HEREBY ASSUME ALL OF THE RISKS OF PARTICIPATING AND/OR VOLUNTEERING IN THIS ACTIVITY OR EVENT, including by way of example and not limitation, any risks that may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them, or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently prepared or trained for participation in the activity or event, and have not been advised not to participate by a qualified medical professional. I certify that there are no health-related reasons or problems which preclude my participation in this activity or event. I acknowledge that this Accident Waiver and Release of Liability Form will be used by the event holders, sponsors and organizers of the activity or event in which I may participate, and that it will govern my actions and responsibilities at said activity or event. In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors and assigns as follows:

I WAIVE, RELEASE AND DISCHARGE from any and all liability, including but not limited to, liability arising from the negligence or fault of the entities or persons released, for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to me including my traveling to and from the event, THE FOLLOWING ENTITIES OR PERSONS: The New Jersey Center for Tourette Syndrome and Associated Disorders, Inc. ("NJCTS") and/or its directors, officers, employees, volunteers, representatives, and agents, the activity or event holders, activity or event sponsors, activity or event volunteers; I INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this activity or event, whether caused by negligence of release or otherwise.

I acknowledge that NJCTS and its directors, officers, volunteers, representatives and agents are NOT responsible for the errors, omissions, acts or failures to act of any party or entity conducting a specific event or activity on behalf of NJCTS. I acknowledge that this activity or event might involve a test of a person's physical and mental limits and might carry with it the potential for death, serious injury and property loss. The risks may include — but are not limited to — those caused by terrain, facilities, temperature, weather, condition of participants, equipment, vehicular traffic, actions of other people including — but not limited to — participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to participants, but are also present for volunteers.

I hereby consent to receive medical treatment which might be deemed advisable in the event of injury, accident and/or illness during this activity or event.

I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and assigns. The accident waiver and release of liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I CERTIFY THAT I HAVE READ THIS DOCUMENT, AND I FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT AND I SIGN IT OF MY OWN FREE WILL.