

# TEAM CAPTAIN Job Description

Taking on the role of team captain and organizing a team is a powerful way to take action and truly change lives. There is no limit to how many team members you can have and all are welcome.

Your role as a team captain is to recruit, motivate, fundraise, and thank everyone.

## YOUR ROLE



Create the team at [ridedon'thide.com](https://ridedon'thide.com) or from your Fundraising Dashboard. Use a name that's easy to find and fun - here's a good place for a corny pun. Update the team page with a custom message about what makes your team special.



Set the team goal and update the team page with a custom message about what makes your team special.



Recruit team members. Send emails, make calls to invite people personally. Send an email out to the team celebrating and welcoming each new team member



Help your team fundraise. Be a role model by starting early and asking often. Cheer them on, celebrate their wins. Thank them each individually for all their efforts to support mental health.

## No one should have to ride alone.

Don't hesitate to ask people to join or support your team. You're not asking for a favour, your offering a chance for support.

Social connection can reduce stress and give one a sense of meaning, purpose and belonging. Supportive social ties can have a direct impact on our happiness and can reduce blood pressure, heart rate and stress hormones.