



**Remember that you are asking for donations to support Special Olympics Connecticut and not for yourself.
The moment you limit who you ask, you limit the amount you can raise**

- Ask your friends to **contribute** to your fundraising goal instead **of purchasing a gift** for your birthday, anniversary or other special occasion.
- **Write a letter or e-mail** explaining your participation and your Special Olympics experiences, and send it to everyone in your address book. Include information on where to send donations and ask everyone to forward to one friend.
- Find out if your company has a **matching gifts program**. Matching gifts can double your fundraising efforts.
- Host a **fundraising party** and ask attendees to pledge their support
- Create a **buddy system!** Ask someone who cannot participate with you, to help you collect donations
- **Give something up** - movie, manicure or dinner at an expensive restaurant - and contribute the money you saved to your fundraising goal.
- **Suggest a friendly competition** between your team members. Set weekly or monthly goals to beat and recognize the team member who reaches it first.
- Ask **one person a day** to sponsor you to support SOCT

How to raise \$200 in one week

Day 1: \$25

Sponsor yourself

Day 2: \$40

Ask 2 relatives for \$20

Day 3: \$45

Ask 3 friends for \$15

Day 4: \$40

Ask 4 co-workers for \$10

Day 5: \$25

Ask 5 neighbors for \$5

Day 6: \$25

Ask your best friend for \$25

Day 7: \$200

Mission accomplished!