



American Youth Soccer Organization and Relay For Life Tip Sheet

Thank you!

Since 2007, members of the American Youth Soccer Organization (AYSO) have made a difference in the fight against cancer by supporting the American Cancer Society. AYSO members donate their time and raise valuable funds to help save lives and create a world with less cancer and more birthdays. One of the most effective ways AYSO members can continue to help is to participate in the American Cancer Society Relay For Life.

What is Relay?

Relay For Life is the signature activity of the American Cancer Society, and it is a time to celebrate, remember, and fight back against cancer. Teams of people camp out at a local high school, park, or fairground and take turns walking or running around a track or path. Each team is asked to have a representative on the track at all times during the event. Because cancer never sleeps, Relays are overnight events up to 24 hours.

Relay For Life brings together millions of people to raise much-needed funds to help, save lives from cancer by helping people stay well and get well, by finding cures, and by fighting back.

Why Relay?

Relay For Life is often described as a life-changing event. Each year, more than 3.5 million people in more than 5,100 communities nationwide gather to celebrate the lives of people who have battled cancer, remember loved ones lost,

and fight back against a disease that takes too much.

By providing the opportunity to save lives from cancer, Relay For Life unites communities and inspires hope that the disease will be eliminated.

Cancer survivors are at the heart of Relay For Life. The event brings families, friends, coworkers, and communities together to celebrate victory over cancer and to support people still battling the disease. Each Relay event opens with an inspirational Survivors Lap, which symbolizes the steps we are taking toward hope and healing.

Caregivers are also recognized and celebrated at Relay For Life. These individuals give their time, love, and support to friends, family, and neighbors who face cancer. At Relay, people understand the frustrations and joys of being a caregiver. There is peace of mind in knowing that together we can face the many challenges cancer poses.

Form a Relay team today!

Members of AYSO are forming teams, volunteering at their local Relay events, and educating their friends about cancer prevention and early detection.

For more information about the collaboration between the American Cancer Society and AYSO, please visit ayso.org.

Join your local American Cancer Society Relay For Life today, and help save lives. For more information call 1-800-227-2345 or visit RelayForLife.org.



Visit RelayForLife.org.
Celebrate. Remember. Fight Back.®



Relay For Life Fundraising Ideas

Fundraising Ideas for the American Youth Soccer Organization (AYSO)

To support the American Cancer Society Relay For Life, your AYSO Region will want to have a few fundraisers. We're including some ideas here to help get you started, but don't limit yourself to these ideas. Feel free to be creative! For even more ideas on fundraisers for Relay For Life, visit RelayForLife.org.

Sun Citation

At games, give out citations to parents who are not wearing sunscreen or another kind of sun protection, such as a hat or sunglasses. Their "fine?" A donation to your team!

Healthy Smoothies

Make healthy fruit and yogurt smoothies, and offer them to people for a set donation. Hand out nutritional information listing the ingredients and the vitamins found in the smoothie.

Locally Grown Produce Market

Work with a local farmers market to set up a stand at a game so families can buy fresh-picked fruits and vegetables. Ask the farmers market to donate proceeds from their sales that day to the American Cancer Society, or set up a Relay team fundraising donation jar at the stand. Have information on healthy eating from the American Cancer Society available for buyers.

Away with Cancer

At a game, offer balloons for a \$2 donation. Participants can then release the balloons symbolizing "Away with Cancer" as the balloons soar to the sky. Check with your town/city council to make sure that this is permissible.

Can Cancer

Place coin cans around your community at cash registers with a sign asking people to give extra change to "Help Can Cancer."

Finding the Link to Cancer

Offer paper links for a donation of \$1 each. The links can be various colors by team. At the end of the fundraiser, connect the links to form a chain that can hang at your awards banquet or at the concession stand.

Hot Dog the Coach!

Coaches volunteer to participate. At tournaments, jars are set up for each coach, and players vote with money for whom they want to become a "human hot dog." The winning coach lies down in a "bun" and has ketchup and mustard squirted on him or her by their team. This can also be a good incentive for when your Region reaches its overall fundraising goal.

Kiss a Pig

Set a team fundraising goal. If the team meets the goal, then the coach has to kiss a pig.



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