



2023 Team Cassie + Friends Youth Ambassador Program

Are you a youth who lives with or is impacted by Juvenile Arthritis, Lupus, Dermatomyositis, Fever Syndrome or other rheumatic disease? Want to help raise funds and awareness for juvenile arthritis at your school or amongst your sports team?

Why not become a Team C+F Youth Run Ambassador and complete our Fun Run Challenge! Your efforts will help raise awareness about the symptoms and challenges of Juvenile Arthritis, build a positive community of support at your school and provide critical funds for research and support programs.

As a Team C + F Youth Ambassador you will:

- Be a student affected by any childhood rheumatic disease attending a Canadian school, homeschool program or sports team (siblings included!)
- Host a fun run (1 km) at your school/sports complex to raise awareness of juvenile arthritis and other childhood rheumatic diseases - details below!
- Optional: Show the [Juvenile Arthritis Awareness Video](#) or [High School Presentation](#) to your peers (in the classroom or at your sports practice)

What's in it for you?

- Receive one free kids registration to an official or VIRTUAL Team C+F run/walk when you pledge to raise \$50 or more. *Official Virtual and In-Person Team Cassie + Friends run/walk events include: Vancouver, Calgary, Halifax, Hamilton, Toronto and Ottawa.*
- Receive a Team C+F Fun Run Package including sidewalk chalk and Cassie + Friends coloured ribbons to create your own start and finish line.
- Receive a Team Cassie + Friends Technical Running Shirt
- Fun prizes when you reach fundraising milestones
 - Raise \$50, receive a Team C+F baseball cap
 - Raise \$500, a cupcake party for your class or sports team
- The opportunity to apply for the 2022 [Youth Leader Award](#) and your chance at a \$500 prize.

As a Youth Run Ambassador, we'd like to thank you for:

- Raising awareness of juvenile arthritis in your classroom/sports community
- Strengthening Canada's largest and only community 100% focused on Juvenile Arthritis
- Being a leader for other kids and families affected by juvenile arthritis
- Fundraising for urgently needed research and patient/family support programs

How to get started:

Email jaime@cassieandfriends.ca to let us know which run you want to be a part of, and we will help you get set up!



How to Host a 1 Km Fun Run

When you sign up to be a Team Cassie + Friends Youth Ambassador, part of your role is to host a 1 km fun run at your school or at your sports practice to raise awareness of juvenile arthritis and other rheumatic diseases. Be prepared to have lots of fun! Here's how it works:

1. Talk to your teacher or coach about planning a 1 km run/walk during your school day/sports practice in support of Cassie + Friends, a society for kids and families affected by juvenile arthritis and other rheumatic diseases.
2. Select a date in lead-up to the **official Team Cassie + Friends run/walk** to raise awareness of JA and tell your classmates/teammates to get involved. Ask your school/sports centre if it's possible to help spread the word using posters, email, etc.
3. **Optional:** In lead up to the 1 km fun run, encourage students to donate a toonie or share the child's fundraising page online to raise money for Cassie + Friends juvenile arthritis support programs and research. Remember, if you raise \$500 or more, your class is eligible for a cupcake party!
4. On the day of the fun run, pass out juvenile arthritis awareness cards, decorate the concrete with sidewalk chalk (or use signs, stickers, etc.) and complete your distance in the school yard/sports complex.

Ideas for fundraising (optional)

Toonie Drive

Ask classmates/teammates to bring a \$2 donation to Cassie + Friends to your school/sports practice. Once all donations have been collected, add the total to your fundraising page!

Bottle Drive

Collect bottles from friends and family and bring them to the bottle depot for a refund. Help others clear their empties from storage and fundraise for Cassie + Friends at the same time!

Host a Jeans Day

Does your school require uniforms? Speak to your teacher about planning a Jeans Day where those who bring a small donation can wear casual clothing instead of a uniform.

Share your fundraising page link

With the help of your parents, ask them if they would be willing to share your fundraising page via email and social media to help raise awareness and drive donations.

Other

We encourage you to get creative and fundraise in all sorts of ways! Host a Facebook Birthday Fundraiser in support of Cassie + Friends, bake sale, car wash, etc. The more fun the better!