



**Kickball Tournament and Fundraiser to End Violence Against Women  
Wednesday, April 30, 2008  
“Kickoff” at 4 PM  
University of Massachusetts Dartmouth, Quad  
(between Foster Administration Building and Campus Center)**

**What is Kick the Silence, Stop the Violence?**

Kick the Silence, Stop the Violence is a kickball tournament and fundraiser to end violence against women.

The goals of Kick the Silence, Stop the Violence are to:

- increase awareness about violence against women
- encourage people to take positive action to prevent violence against women
- raise money for campus programs and a local non-profit organization (The Women’s Center, [www.thewomenscentersc.com](http://www.thewomenscentersc.com)) that work to end violence against women and/or assist survivors

Kick the Silence, Stop the Violence is sponsored by the: UMass Dartmouth Peer Health Educators, Mentors in Violence Prevention Program, LiveWell: The Office of Health Education & Promotion, Women’s Resource Center, and Student Activities, Involvement, and Leadership (SAIL) Office.

**Event Specifics:**

**Date:** Wednesday, April 30, 2008

(Rain Date: Wednesday, May 7, 2008)

**Location:** UMass Dartmouth, Quad (between Foster Administration Building and Campus Center)

**Time:** The event will “kick off” at 4 PM.

**Rules:**

- Rounds will be timed.
- The team with the most points at the end of the round advances.
- If the score is zero or teams are tied at the end of the round, the next team to score wins that round and advances.

**Are there prizes?**

Yes, Yes, Yes!!!

- **Every** team will receive a Team Photo (which will be presented to the Team Captain).
- Additionally, **three other awards** will be presented to:
  - the Team that wins the Kickball Tournament
  - the Team that raises the most money
  - the Team with the best Team Spirit (as judged by the Kick the Silence, Stop the Violence Event Committee)

**See reverse for Registration, Team Captain, & Contact Info. > > >**

## How do I register a team?

Registering a team is easy!

- Get 10 people together to form a team
- Choose a Team Name
- Elect a Team Captain
- Pick up a Team Packet from the Student Activities, Involvement, and Leadership (SAIL) Office on the 2<sup>nd</sup> floor of the Campus Center OR download a packet from [www.umassd.edu/livewell/events/kick.cfm](http://www.umassd.edu/livewell/events/kick.cfm)
- Collect \$2.50 from each Team Member (a total of \$25)
- **Complete the Registration Form and return it and the \$25 Team Registration Fee to Beth-Anne Vieira, Coordinator of Health Education & Promotion, Oak Glen, 2<sup>nd</sup> floor, Office of Residential Life no later than Wednesday, April 16<sup>th</sup>**

## What is the role of the Team Captain?

A Team Captain is a position designed to support the Kick the Silence, Stop the Violence by leading a team from your organization, family, friends, etc. to participate and raise funds.

A Team Captain agrees to serve in the following capacities:

- Build a team of 10 members
- Set a fundraising goal for your team (\$75 is suggested as a minimum goal for *each* Team Member)
- Distribute Pledge Forms and collection envelopes to all team members
- Coach and motivate your team to success
- Serve as a liaison between your team and the Kick the Silence, Stop the Violence Event Committee and forward Event Committee communications to your team members
- Recognize team members for their commitment to end violence against women
- Collect your team members' Pledge Forms and collection envelopes and hand them in at the event

## I still have questions. Who can I contact for more information?

Event information and updates will be posted to [www.umassd.edu/livewell/events/kick.cfm](http://www.umassd.edu/livewell/events/kick.cfm) and to our **Facebook Event page**.

If you still have questions after visiting [www.umassd.edu/livewell/events/kick.cfm](http://www.umassd.edu/livewell/events/kick.cfm), please contact:  
Beth-Anne Vieira  
Coordinator, Health Education & Promotion  
[bvieira@umassd.edu](mailto:bvieira@umassd.edu)  
508.910.6965



**KICK THE SILENCE  
STOP THE VIOLENCE**

## **TEAM REGISTRATION FORM**

**Kickball Tournament and Fundraiser to End Violence Against Women  
Wednesday, April 30, 2008  
“Kickoff” at 4 PM  
University of Massachusetts Dartmouth, Quad  
(between Foster Administration & Campus Center)**

**TEAM NAME**

**TEAM CAPTAIN**

**Name:**

**Email:**

**Cell Phone #:**

**TEAM MEMBERS' NAMES**

**1. (Team Captain)**

**2.**

**3.**

**4.**

**5.**

**6.**

**7.**

**8.**

**9.**

**10.**

**TEAM CAPTAIN >>> Return this Registration Form and the \$2.50/per team member (\$25 per team) by Wednesday, April 16, 2008 to Beth-Anne Vieira, Coordinator of Health Education & Promotion, Oak Glen, 2<sup>nd</sup> Floor, Office of Residential Life.**



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## Pledge Form

Make checks payable to: UMass Dartmouth

Page ____ of ____		
Name		
Street		
City	State	Zip
Phone #		
This is my <input type="checkbox"/> Cell <input type="checkbox"/> Home <input type="checkbox"/> Work		
Email		
<b>Event Location &amp; Date:</b> UMass Dartmouth, Quad Wed. April 30, 2008 (Rain date: Wed. May 7) "Kickoff" @ 4 PM		
Team Name		

	Sponsor Name	Address	Flat Donation	Collected
	Example: Jane Doe	1111 Main St., Anytown, MA 12345	15.00	✓
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
<b>TOTAL RAISED</b>			<b>\$</b>	

### INSTRUCTIONS >>>

- Start now to get as many sponsors as you can. There is no limit. You can always download extra Pledge Forms from [www.umassd.edu/livewell/events/kick.cfm](http://www.umassd.edu/livewell/events/kick.cfm)
- Be sure your sponsors understand their commitment to you and to Kick the Silence, Stop the Violence
- You are responsible for collecting all pledges
- Return your Pledge Form(s), cash, & checks in to your Team Captain at or before the event
- Thank you for helping to end violence against women

## Frequently Asked Questions:

### What is Kick the Silence, Stop the Violence?

Kick the Silence, Stop the Violence is a kickball tournament and fundraiser to end violence against women.

The goals of Kick the Silence, Stop the Violence are to:

- increase awareness about violence against women
- encourage people to take positive action to prevent violence against women
- raise money for campus programs and local organizations that work to end violence against women and/or assist survivors

Kick the Silence, Stop the Violence is sponsored by the: UMass Dartmouth Peer Health Educators, Mentors in Violence Prevention Program, LiveWell: The Office of Health Education & Promotion, and Women's Resource Center.

### Who is receiving the money?

Money raised by the tournament will be divided between campus programs working to end violence against women (UMass Dartmouth Peer Health Educators, Mentors in Violence Prevention Program, LiveWell: The Office of Health Education & Promotion, and Women's Resource Center) and The Women's Center, a local non-profit organization which provides free comprehensive and confidential services to all survivors and victims of domestic violence, sexual assault, and child trauma.

### If the above organizations are receiving the money, why am I making the check payable to UMass Dartmouth?

All donations will be deposited into a fundraising account at the university and then evenly divided between the campus-based organizations and our chosen community-based partner, The Women's Center.

### Where can I get more event information?

Event information and updates will be posted to [www.umassd.edu/livewell/events/kick.cfm](http://www.umassd.edu/livewell/events/kick.cfm) and to our **Facebook Event page**.

If you still have questions after visiting [www.umassd.edu/livewell/events/kick.cfm](http://www.umassd.edu/livewell/events/kick.cfm), please contact:

Beth-Anne Vieira  
Coordinator, Health Education & Promotion  
bvieira@umassd.edu  
508.910.6965

### Where can I learn more about violence against women?

There are many wonderful organizations working to end violence against women. A few good places to start:

National Sexual Violence Resource Center

[www.nsvrc.org](http://www.nsvrc.org)

1.877.739.3895

Rape, Abuse & Incest National Network (RAINN)

[www.rainn.org](http://www.rainn.org)

The National Sexual Assault Hotline: 1.800.656.4673 (1.800.656.HOPE)

National Domestic Violence Hotline

[www.ndvh.org](http://www.ndvh.org)

1.800.799.7233 (1.800.799.SAFE)

National Center for Victims of Crime, Stalking Resource Center

[www.ncvc.org/src](http://www.ncvc.org/src)

1.800.FYI.CALL

Jane Doe, Inc.: The Massachusetts Coalition Against Sexual Assault and Domestic Violence

[www.janedoe.org](http://www.janedoe.org)

SafeLink Hotline: 1.877.785.2020



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## FUNDRAISING TIPS AND TOOLS

### REMINDERS >>>

- Teams should set a fundraising goal. (\$75 is suggested as a minimum goal for *each* Team Member)
- Team members are responsible for collecting all their pledges
- Additional Pledge Forms are available to download at [www.umassd.edu/livewell/events/kick.cfm](http://www.umassd.edu/livewell/events/kick.cfm)
- Team members should return their Pledge Form(s), cash, & checks to their Team Captain at or before the event
- Team Captains are responsible for handing in all Pledge Forms and pledges for their team at the event

**\$75 is suggested as a min. fundraising goal for *each* Team Member.**

### Reaching this goal is easier than it sounds...

1. Put in your own gift
2. Ask your significant other for a gift
3. Ask your boss for a gift
4. Ask two co-workers for a gift
5. Ask two friends for a gift
6. Ask your neighbor for a gift
7. Ask a relative for a gift

If all of these individuals give you \$15 each (not unusual), you've just raised \$105 and exceeded your fundraising goal.

### Other Tips:

1. Start early
2. Ask everyone and anyone
3. Use email
4. Ask with energy and enthusiasm
5. Collect as you go
6. Share your success

**The key to getting money is asking!**

**Letter/Email Tips...**The best way to raise money, individually, is to write letters.

- Compose a one-page letter on a computer. Balance fact with feeling. Include information on what Kick the Silence, Stop the Violence is, why you are involved/why ending violence against women is important to you, where and when the event is being held, and where the money goes.  
**(Need help drafting a letter/email? Download a sample, which you can personalize, from [www.umassd.edu/livewell/events/kick.cfm](http://www.umassd.edu/livewell/events/kick.cfm))**
- Make two copies of your letter. Adjust one copy to be sent via email; the other for regular mail. Both versions should begin with a quick apology for the impersonal nature. Include a preface that, as a friend, you thought they would be interested in this important cause.
- Ask for money early on. Don't limit your donors, but ask for a specific range. Ask for "\$10, \$20, \$50 or whatever your budget will allow."
- Give a 10-day deadline for response. People respond when there is a sense of urgency. Tell them to make the check payable to UMass Dartmouth and send it to your address.
- Send it to EVERYONE who has ever sent you something! For the emails, blind copy (bcc) them all. They don't need to know who else is receiving your note.
- Photocopy the letters. On the top of each letter, handwrite the recipient's name and a quick line, "Hope you can support me." Sign it to add a personal touch.
- Address envelopes for everyone who will not receive an email.
- Make it easy for people to donate; consider including a self-addressed envelope (stamped or not) in the envelope when you mail the letter.
- Mail the letters (yes, you will be out-of-pocket the postage and copying costs but they are minor compared to the return and, of course, the cause). Send the emails.
- Now, sit back and watch the money roll in. And it will. One final thing...send a brief thank-you to everyone who makes a donation (no matter how big or small).



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## SAMPLE TEXT FOR LETTER OR EMAIL

Download this sample letter/email at  
[www.umassd.edu/livewell/events/kick.cfm](http://www.umassd.edu/livewell/events/kick.cfm)

### Sample Fundraising Letter

Replace the text in **red** to personalize this fundraising letter/email and send it to everyone you know.

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Today's Date

Sponsor Name  
Address  
City, State, Zip

Dear (Sponsor Name):

On Wednesday, April 30<sup>th</sup> I am participating in UMass Dartmouth's First Annual Kick the Silence, Stop the Violence Kickball Tournament and Fundraiser to end violence against women.

The goals of Kick the Silence, Stop the Violence are to:

- increase awareness about violence against women
- encourage people to take positive action to prevent violence against women
- raise money for campus programs and local organizations that work to end violence against women and/or assist survivors

I am a member of (TEAM NAME) and my personal fundraising goal is \$\_\_\_\_\_. I am asking everyone I can to support this worthwhile cause. Please consider sending a donation by mail; checks should be made payable to UMass Dartmouth.

All money raised by this event will be divided evenly between several campus organizations and a local, non-profit organization:

- Campus Organizations: Mentors in Violence Prevention Program, Peer Health Educators, LiveWell: The Office of Health Education & Promotion, Women's Resource Center
- Community Partner: The Womens Center, New Bedford ([www.thewomenscentersc.com](http://www.thewomenscentersc.com))

Startling statistics underscore the necessity for the educational programs and services provided by these organizations:

- 1 out of every 6 American women will be victims of rape, attempted rape, or sexual assault in their lifetime
- 4 million American women experience a serious assault by a partner during an average 12-month period
- Domestic violence deaths in Massachusetts have nearly tripled since 2005, according to Jane Doe Inc., with the domestic homicide rate last year the state's highest since 1992. There were 55 domestic violence related deaths in Massachusetts in 2007, up from 34 in 2006. There were 19 domestic violence deaths in 2005.
- 1 in 12 women will be stalked in their lifetime; 81% of women stalked by a current or former partner are also physically assaulted by that partner

[If you have been personally touched by violence against women, include your personal story, to the extent that you are comfortable, here. You may wish to begin by stating, "Violence against women has also touched my life."]

Please give a donation that leaves you feeling a part of this great event and that has you stretch beyond your usual contribution. I know it will make a difference for you and for many others.

Thank you for your time and consideration. Event information is available at [www.umassd.edu/livewell/events/kick.cfm](http://www.umassd.edu/livewell/events/kick.cfm). If you have any further questions, please do not hesitate to contact me at (Your phone number and/or email).

Sincerely,  
(Your Name)