

VOLLEY FOR THE CURE – '08

The IHSA would like to acknowledge the Ohio State Activity Association and the Ohio High School Volleyball Coaching Association for information used in this promotional material.

Main Objective – Educating Schools and Community

The story: Volley for the cure was created as a way to honor and celebrate the heroic fight against breast cancer. The promotion is dedicated to all the men and women who have been touched by breast cancer with the hopes that this devastating disease will one day be cured. Contact your local Susan G Komen Foundation for educational material.

Ideas for your volleyball team to help educate the school and community.

1. Set up a table during lunch hour and before school with educational material from Susan G Komen.
2. Present quick facts during daily school announcements.
3. Coordinate the event with the health classes and ask that they discuss issues relative to breast cancer.
4. During the match have the announcer present quick facts.
5. Observe a moment of silence for each at the game for Breast Cancer Survivors and their families.
6. Offer free admittance to survivors.
7. Have a special raffle for survivors.
8. Sell pink t-shirts to fans.
9. Have the competing teams wear a pink jersey.
10. Ask the officials to wear a pink top and/or pink whistle.
11. Play the game with a pink ball.
12. Conduct the match during activities week and citizen day.
13. Involve the entire volleyball program.
14. Get pledges for serves, or digs.
15. Have middle school players conduct bake sales or car washes.
16. Invite the pep band to provide pre-match and during the match entertainment.
17. Invite a sign language group to sign the national anthem.
18. Ask the student council to organize a fan bus if the game is away.
19. Invite the entire community to the match.
20. Have team captains from both teams working together to plan the event.

VOLLEY FOR THE CURE – '08

How to Handle the Volley for the Cure Monetary Donations

If you want access to the money being donated to pay for your expenses, ask for checks to be written to your school (athletic dept, booster club, activity office). Have the donator make note that the check is for Volley for the Cure. Your school should provide a receipt with the schools tax ID number on it.

If the donor wants 100% of the money to go to Susan G. Komen, then have them write the check directly to Susan G Komen for the Cure. They will still give the school the check but the school will still deliver it with the other donations.

At the end of the event, send the donations to the Susan G Komen affiliate. You most likely will send the checks made to Susan G Komen along with one big check that covers the rest of the donation.

Write thank you notes to each donor. This is an excellent way to show appreciation and build rapport with fans.

Be Creative, Make It Fun, Sky is the Limit, Make it Your Own!

Register Your Event

If your school is hosting a volley for the cure, register your match with IHSA to help us track your promotion. A registration form is included in this information. Also we would love for you to email us your story and pictures after the event.

Uniforms and Equipment

All uniforms worn during the Volley for the Cure matches meet the standard uniform regulations. This includes having the number on the front and the back of the shirt/jersey. There can be no logo or endorsement on the shirt other than that of the manufacturer (i.e. Nike, Adidas, etc). You may put your school name on the jersey/shirt as you would any other uniform. The jersey/shirt may be pink, however it must meet the standard uniform guidelines.

Officials may wear pink tops for this match.

A pink ball is allowed for this match.

Volley for the Cure Contest Limitation

A school may only host one volley for the cure match. It is possible to participate in more than one as a visiting team.

What if we are not the host school? Is it worth participating in as a visiting team?

Yes!! This is a wonderful opportunity for both schools to work together for a common goal, while still playing up their rivalries. Both schools can sell T-shirts, raise money for the event, create awareness, and promote the event throughout their respective communities. Both schools can have their team captains working together to arrange activities.



VOLLEY FOR THE CURE – '08

Sample Game Agenda

1. Introduction of Teams
2. National Anthem
3. Moment of Silence in respect for all those families affected by breast cancer
4. Play Ball
5. Raffle items will be drawn during timeouts and in between games. Tickets can be purchased until the finish of the 1st game. You need not be present to win.
6. Thank
7. All proceeds from this event will benefit Susan G. Komen Breast Cancer Foundation. (insert who is in charge of the promotion and special events.)

Sample PA Announcement

Welcome to the 2008 Volley for the Cure. Both schools tonight are teaming up to fight against Breast Cancer. We hope that the 690 other IHSA high school girl's volleyball teams in Illinois are also teaming up to fight against Breast Cancer this season.

Volley for the cure was created as a way to honor and celebrate the heroic fight against breast cancer. Tonight's match is dedicated to all the men and women who have been touched by breast cancer with the hopes that this devastating disease will one day be cured.

The volleyball teams from _____ and _____ have worked together to bring you this event. We applaud these girls and their schools for making a difference through their sport.

We also thank Susan B Komen for their educational material (*add other people or programs to thank*)

Introduction of Teams

(go to rosters)

Could you please stand while we take a moment of silence to remember all those in our lives that have been touched by breast cancer. Thank you.

(Following the moment of silence)

Signing the national anthem tonight is _____

Add other announcements regarding raffles or your special events.



VOLLEY FOR THE CURE – '08 FACT SHEET

Younger Women and Breast Cancer

- Although rare, younger women can also develop breast cancer. Less than 5 percent of all breast cancers occur in women under age 40.
- Approximately 10,000 women under the age of 40 will be diagnosed with breast cancer this year, and about 1,000 will be between 20-30 years of age.
- While the risk of breast cancer is generally much lower for younger women, there is still a high risk for some women.
- Women who are diagnosed with breast cancer under age 40 are more likely to have a BRCA1 or BRCA2 genetic mutation than women diagnosed when over age 40.
- Women with an inherited BRCA1 or BRCA2 mutation have a 35 percent to 85 percent chance of developing breast cancer during their lifetime. Women with these inherited mutations also have an increased risk for developing ovarian cancer.
- Approximately 5-10 percent of breast cancer cases result from inherited mutations on breast cancer genes, such as BRCA1 or BRCA2.
- Young women's cancers are generally more aggressive and result in lower survival rates.
- The 5-year survival rate for women under age 40 is 83 percent.
- Young women with breast cancer struggle with many issues that their post-menopausal counterparts don't face, including: the possibility of early menopause, pregnancy after diagnosis, generally more advanced cancers at diagnosis and higher mortality rates.
- It is important for younger women to become familiar with how their breasts look and feel through monthly breast self-exams (BSE), beginning by age 20. The best time to perform BSE is just as your period ends.
- Clinical breast exams are recommended for all women at age 20 and at least every 3 years until age 40 and every year after that.
- Women under age 40 with a family history of breast cancer or other risk factors should talk to their doctor about risk assessment, when to start getting mammograms and how often to have them.



VOLLEY FOR THE CURE – ‘08

Registration Form
Host school shall register the match.

Name/City of Home Team: _____

Address of Host School: _____

Name/City of Visiting Team: _____

Date of Contest: _____ Game Time : _____

Contact Person: _____

Contact's Email: _____

.....
T-Shirts for Sale: _____ Yes _____ No _____ Prices

Cost of Tickets: _____

Describe Any Special Promotions:

Comments: _____

Fax to the IHSA for Posting
(309) 663-7479