

VOLLEY FOR THE CURE – ‘21

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.

NOTE: “Volley for the Cure” is a registered mark of Susan G. Komen for the Cure, and may be used solely in conjunction with an event benefitting “Komen for the Cure.”

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.

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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.

Payment of all donations accrued is due to the Komen Affiliate thirty days after the end of the event. You may send your checks to Susan G. Komen for the Cure, 900 Main Street, Suite 160, Peoria, IL 61602. For your convenience, monies will be received at one central affiliate location and distributed to the affiliate that serves your individual county after the volleyball season has come to completion. If you have any questions, please call Katie Cox at (309) 691-6906 or (309) 296-0832.

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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, please follow these registration steps:

My recommendation for all Volley, Bowling, Badminton, Golf and MORE “for the Cure” events to:

- 1) Register here: www.komen.org/fundraise.
- 2) Select **Start Your Fundraiser**



- 3) Select **Athletic** (tempting to select **Schools & Groups** with that picture! You can, but there are better customized tools under **Athletic** 😊)

How would you like to start your fundraiser?



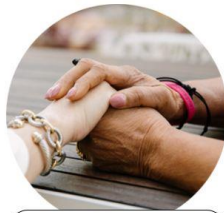
Athletic



Individual



Schools and Groups

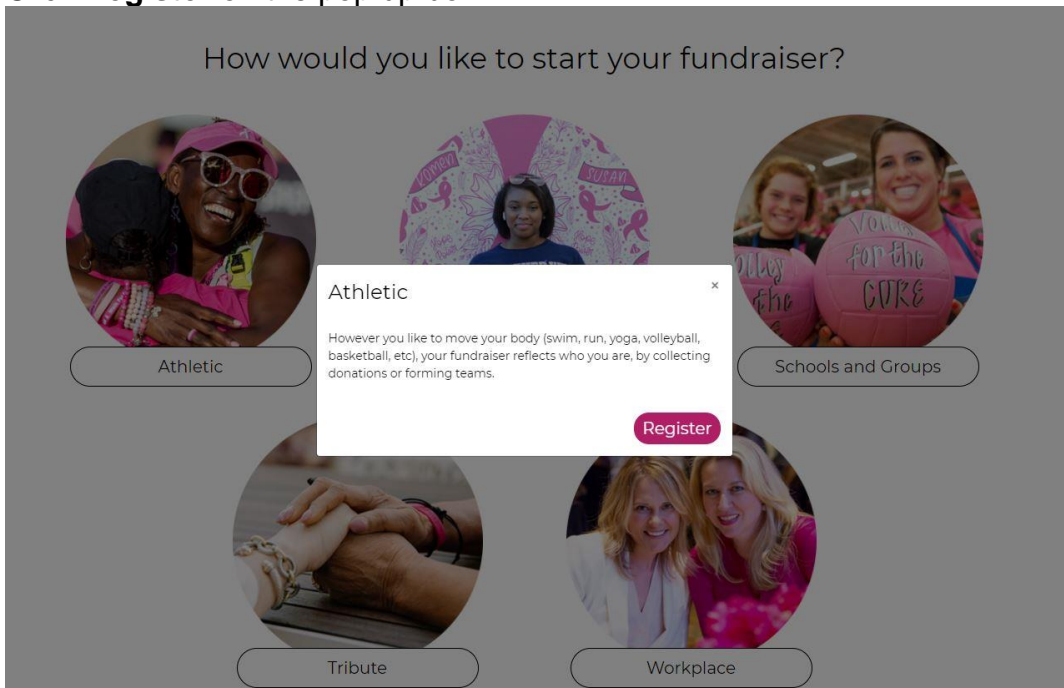


Tribute



Workplace

4) Click **Register** on the pop up box.



5) Then select the relevant sport to be on your fundraising way with New. Awesome. Tools.

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 must 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 jersey/shirt and warm-ups 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 host only one volley for the cure match.

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.



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Sample Game Agenda

1. Moment of silence in respect for all those families affected by breast cancer
2. National Anthem
3. Introduction of Teams
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 You
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.)

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Sample PA Announcement

Welcome to the 2021 Volley for the Cure. Both schools tonight are teaming up to fight against Breast Cancer. We hope that the 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 G. Komen for their educational material. *(add other people or programs to thank)*

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 _____

Introduction of Teams

(go to rosters)

Add other announcements regarding raffles or your special events.



VOLLEY FOR THE CURE – '21 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.



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You may contact a Susan G. Komen Affililiate closest to you for educational support, information, etc.

Peoria, IL

Katie Cox

Memorial Affiliate

Email Address: kparkercox@komen.org

Chicago, IL

Beth Carona

Chicagoland Affiliate

Email Address: bcarona@komen.org