



PARTICIPANT INFO (\*required field)

\* FIRST NAME

\* LAST NAME

\* EMAIL

\* ADDRESS

\* CITY

\* POSTAL CODE

\* PHONE #

PLEASE RECORD ALL PLEDGES BELOW - PLEASE PRINT CLEARLY

- 1. PLEDGE OF \$20+ TO BE AUTOMATICALLY RECEIPTED WHEN COMPLETE CONTACT INFORMATION PROVIDED
- 2. IF YOU NEED AN ADDITIONAL PLEDGE FORM, PLEASE DOWNLOAD FROM OUR WEBSITE OR EMAIL [melissa.pelletier@bigbrothersbigsisters.ca](mailto:melissa.pelletier@bigbrothersbigsisters.ca)

FULL NAME	ADDRESS, CITY, POSTAL CODE, EMAIL	CASH	CHQ	ONLINE
ONLINE TOTAL HERE:	CASH+ CHEQUE TOTALS HERE:	GRAND TOTAL:		

Move For Mentoring is a simple, fun and safe way to make a difference in our community. Participants will challenge themselves (and each other) to #MakeYourMove and in doing so, raise awareness and pledges in support of mentoring programs for young people in Niagara Falls and South Niagara.

At Big Brothers Big Sisters of Niagara Falls and Big Brothers Big Sisters of South Niagara, we are committed to helping all young people realize their full potential by enabling life-changing mentoring relationships to ignite their power and potential

## We challenge you to #MakeYourMove in just 5 easy steps:

### 1. SIGN UP

Register as an INDIVIDUAL! Just create your individual fundraising page to get started!  
[\[click here\]](#) to get started

Register a TEAM! Grab a friend, or two or twelve and #MakeYourMove together.  
Or grab the rest of your family and #MakeYourMove!  
[\[click here\]](#) to get started

### 2. SET YOUR GOAL

Need some inspiration? Take a look below for some creative ways to #MakeYourMove

### 3. GATHER PLEDGES FOR A GREAT CAUSE

Tell all your family, friends and co-workers about how you are going to #MakeYourMove and ask them to make a pledge to support you. Get creative, send an email, post on your social media, make an in-person ask!!

### 4. BRAG ABOUT IT

Take a video or post a picture of your Move For Mentoring journey and be sure to use #MoveForMentoring and #MakeYourMove.

### 5. #MakeYourMove

Now it's time to #MakeYourMove. Get out and get active in support of Big Brothers Big Sisters.

## INDIVIDUAL FUNDRAISING INCENTIVES

(Prize levels are not accumulative)

Raise \$100 - Receive a \$5 Tim Card

Raise \$250 - Receive a \$15 Tim Card

Raise \$500 - Receive a \$25 Tim Card

Raise \$1000 - Receive a \$40 Tim Card

Raise \$1500 - Receive a \$50 Tim Card

Raise \$2000 - Receive a \$75 Tim Card

Raise \$2500+ - Receive a \$100 Tim Card

## IDEAS TO HELP YOU #MakeYourMove

*The Cyclist* - For every \$10 raised = 1km of Biking

*The Dancer* - For every \$10 raised = 1 minute Dance Party

*The Trail Blazer* - For every \$10 raised = 1km Hike

*The Yoga Master* - For every \$10 raised = 5 minutes of Yoga

*The Walker* - For every \$10 raised = 1km of Walking

*The Musician* - For every \$5 raised = 5 minutes of Jamming

*The Artist* - For every \$5 raised = 5 minutes of Painting or Drawing

*Due to the restrictions that we have had to face over the past 2 years, we need your support now, more than ever. For every \$1200 raised, we can create and support one community-based match for an entire year. Your pledge will make it possible for children and youth to continue being matched with caring mentors, participating in our in-school mentoring programs and allow us to financially support future volunteer mentors through the initial training and screening process.*

To sign up or to make a pledge, please visit:

<https://niagarafallssouthniagara.bigbrothersbigsisters.ca/move-for-mentoring/>

If you have questions or for more information, please contact

*Mel Pelletier, Fundraising & Events Coordinator*

[melissa.pelletier@bigbrothersbigsisters.ca](mailto:melissa.pelletier@bigbrothersbigsisters.ca)

905-735-0570 or 905-357-5454 ext. 221

**Thank you for Igniting the Power and Potential in our youth!**

**We can't wait to see you #MakeYourMove**