

## **Rally your Team and Display Team Spirit!**

Whether you make team T-shirts, buttons or a banner, follow our simple tips for success:

- 1) Be creative
- 2) Try to stand out
- 3) Tell your story

### Team T-shirts

While participants will receive Abilis t-shirts at the event registration, Team T-shirts are a great way to help build excitement and comradery in the weeks leading up to the Walk/Run for Abilis and unite a team at the event. Many family teams incorporate their team name, a photo of their inspiration, and a catchy phrase. Company teams typically integrate their company logo with creative artwork. You can be as creative as you like!

Team T-shirts don't need to be expensive. Some of the most creative shirts have included hand painted or iron-on decals. A T-shirt supplier can help you design a shirt and print them within one to two weeks. Team T-shirts generally cost about \$10, depending on color, quality and quantity. To defray the costs, some Team Leaders have their employer, or another local business, pay for the cost of the shirts in return for the company being listed on the shirt as a team sponsor. Even having team members just wear the same colors on the event day can help create team spirit.

### Team Buttons and Team Banners

These are great ways to unify your team in addition to, or instead of, team T-shirts. Buttons with the name of your team and/or a photo of your inspiration are great to hand out to your team members. Some teams have had banners or signs made to carry during the Walk/Run for Abilis event. Banners and signs are great because they can be held up high and your team members can find you in the crowd before the event starts. There will be a sign-making area with arts and crafts supplies available the day of the event, in case you don't have time to create them beforehand.