

Rock-A-Thon Instructions

What is it? Why do it?

You rock in rocking chairs for 8 hours, with 5 minute breaks every hour. Between breaks we have training activities, do teambuilding, eat, and learn more about the ASP trip. Believe it or not, people will pay you lots of money to do this. Our goal for this event is to raise \$11,000. You also receive 1 hour credit per 2 hours rocked, so you can get up to 4 fundraising hours. Finally, there will be fabulous prizes for the volunteers who raise the most!

It only works if you do these things:

- 1) **Talk it up and get sponsors.** Go and ask people – Family members as well as parishioners at both First UMC and St. Luke’s will practically throw money at you. Ask your relatives. Ask your neighbors. Ask your friends, scout troop, glee club, anyone can be sponsors. Tell them what you’re doing, why you’re doing it, and ask them to support you. Use the sample text/email/letter (below) to send to folks near and far! See <http://www.westboroughasp.org/rock-a-thon.html> to download editable copies of a letter, printable pledge sheets and more information. Ask more than once. Remind them why it’s important. Feel free to use multiple sponsor sheets.
- 2) **Collect money.** It’s a lot easier if you collect when people pledge and bring the \$\$ with you to the RAT. If your sponsors want you to participate first, then you’ll have 1 week to collect the money after the RAT. Donors can send checks to you, directly to FUMC or donate online in your name.
- 3) **Find a rocking chair.** Beg or borrow. In a pinch, we will help find one. If you need help getting your chair to the event, let a group leader know.

It’s Simple, really! This is the easiest money you’ll ever make, but you do have to go out and get it. All rockers should strive to have at least \$300 in pledges at a minimum.

I can’t stress enough how easy this is compared to most of our other fundraisers. If every youth rocked and got about \$850 in pledges, we’d be done fundraising for the year. That may sound like a big number, but the average collected per person is over \$400 for this event, with several people collecting over \$1,000!

WHAT? CAN'T GO TO THE ROCK-A-THON? Come, even if you can't be there the whole time!!

Whether you come for part of the time, or can’t rock at all, you can still use this as an opportunity to get sponsors – you just need to be clear with people what you are doing, so if you’re not rocking or if you are only rocking part of the time, just tell people that. Ask them to support you and our fundraising anyway. Text, call, or write letters to explain your story and why this is important to you.

WHAT SHOULD YOU BRING??

- ✓ **A copy of your fundraising tally sheet (aka Sponsor Sheet) to hand in,** even if you haven't collected all the \$\$ yet. This helps you and us to follow up on who has donated and who you may need to follow up with later.
- ✓ **The money you’ve collected.** Checks should be made out to First UMC. Write “ASP RAT-*your name*” in the memo line of each check to make sure you get credit for it. After the event, cash/checks can be dropped off at First UMC by sliding an envelope under the office door. **The money needs to be turned in by March 23.**
- ✓ **Rocking Chair** - Arrive around 2:30-2:45 pm so we can get everything set up, because the **rocking starts promptly at 3 pm.**
- ✓ **Mug/water bottle** - Meals/snacks are provided but please bring a mug or bottle for water/soda so we don't use a million cups.
- ✓ Mark everything – put your name/initials on everything you’re bringing. This includes chair, mug, etc.

Now get excited and get those pledges! See you there!

SAMPLE TEXT:

Hi! I'm participating in a Rock-a-Thon for my ASP trip. Click here to donate and support our team! <http://tinyurl.com/ASP2024RAT>

SAMPLE EMAIL OR LETTER:

Dear Family and Friends,

I am excited to tell you that I have signed up to participate with the Appalachia Service Project this summer. Our mission team will rebuild roofs, fix porches, insulate homes and provide other work to make homes warmer, safer and drier for folks in need in Appalachia. But more than this, we will provide hope and assure the people we work for of God's love for them.

This will be my __ year participating, and my family has been involved for __ years. Our group must raise approximately \$1,200 per youth. This covers costs for building materials and supplies, food and lodging for nine days, gas, and the transportation to bring us the ~900 miles to where we're headed in Appalachia. We will be driving down in rented vans and will be staying in schools or community centers in the region in which we will be working. In the next few months, we will be conducting fundraisers and I will participate in several training events.

Our upcoming major fundraiser is the Rock-a-Thon. I am writing to ask you to sponsor me. I will rock in a rocking chair for a 8-hour period, with just a 5-minute break each hour. The time will be devoted to discussing the Appalachian region, learning about the culture there and doing activities that will deepen my understanding of the issues the people of that region face. I hope you can support my participation in both this service project and the fundraiser with a gift.

Here are some things your generosity would cover:

- \$1,500 rents a van for the week
- \$ 500 buys enough material to replace one side of a tin roof
- \$ 150 buys a box of vinyl siding
- \$ 100 buys enough OSB to replace the subfloor in one room
- \$ 75 will cover a gas stop for our van
- \$ 25 buys a roll of insulation

Last year, I helped (*your family, what you did for them, why it was important*). **OR** This is my first year and I am excited to participate in the program because _____. If you decide to give, you will be helping us in making these family's houses warmer, safer, and drier. You will also help me in my effort to make a difference in the world.

To make a donation, please make your check payable to **First United Methodist Church** with "ASP - *my name*" in the memo and send it to me in the return envelope enclosed. You can also learn more and donate online at <https://www.westboroughasp.com>

Thank you in advance for your support.

Sincerely,
Your name

