



# PARTICIPANT INSTRUCTIONS

Your Name: \_\_\_\_\_

Your Email: \_\_\_\_\_

**STEP 1** - Collect your best 20 Potential Supporters names, email addresses, phone numbers and their relationship to you.  
 (Based on data since 2010, the supporters WHO donate the most are listed in the Recommended column below).

**STEP 2** - Write down the contact information for your parents/guardian in the Family Share section including their mobile provider.  
 (The link you will text them requires their provider and invites them to add potential supporters to your account during your launch).

**\*Think of people who live furthest away from you first and who would most likely support you if they knew there was an opportunity to\***

FAMILY SHARE CONTACTS					
#	FIRST NAME	LAST	EMAIL ADDRESS	MOBILE NUMBER	MOBILE PROVIDER
1	<i>Dad/Guardian</i>				<i>AT&amp;T, Verizon, etc.</i>
2	<i>Mom/Guardian</i>				<i>T-Mobile, etc.</i>
#	FIRST NAME	LAST	EMAIL ADDRESS	MOBILE NUMBER	RECOMMENDED
3					<i>Aunt/Uncle</i>
4					<i>Aunt/Uncle</i>
5					<i>Grandma/Grandpa</i>
6					<i>Grandma/Grandpa</i>
7					<i>Adult Sibling</i>
8					<i>Adult Cousin</i>
9					<i>Family Friend</i>
10					<i>God Parent</i>
11					<i>Previous Coach</i>
12					<i>Dentist/Orthodontist</i>
13					<i>Veterinarian</i>
14					<i>Tax Professional</i>
15					<i>Financial Advisor</i>
16					<i>Insurance Agent</i>
17					<i>Doctor</i>
18					<i>Realtor</i>
19					<i>Accountant</i>
20					<i>Chiropractor</i>

**STEP 3 - Launch Day, it's time to spread the word!**

LOGIN w/QR CODE	PARTICIPATION
<p>2026 California HS Track and Field Fundraiser</p>  <ol style="list-style-type: none"> <li>1. Scan the QR Code.</li> <li>2. Enter your email and click 'Join Now'.</li> <li>3. Coach/eTeamSponsor Rep will provide you with further instructions once you are logged in.</li> </ol>	<ol style="list-style-type: none"> <li>1. <b>Family Share</b> Locate your Parent(s) and/or Guardian(s) on your donor list. Click "Add Family Member" and input all 5 fields of information for these contacts. Then, click the green TEXT icon next to their name to send their link to allow them to add additional supporters to your account. Click "Next" for Step 2.</li> <li>2.  <b>Add emails</b> by completing the 5 fields of information (full name, email address, relationship to you, and mobile number if you have it). Then click ADD to save. Click "Next" for Step 3.</li> <li>3.  <b>Text</b> your fundraising link to your family members by clicking the green TEXT icon. The GOAL is 20 texts to the potential supporters listed above. Click "Next" for Step 4.</li> <li>4. <b>Share</b> on social media through posts and direct messages by using the various icons in Step 4. The GOAL is to share on 2 platforms. Don't forget to ask your friends and family to post your link on their social media, as well.           <ul style="list-style-type: none"> <li> <b>Copy</b> your fundraiser link and paste into the BIO section of your Instagram account.</li> </ul> </li> </ol>