



SLO Hotline's 29<sup>th</sup> Annual

# ROCK'N BOWL-A-THON

Presented by Transitions Mental Health Association

2010

Dear Bowl-A-Thon Team Captain:

SLO Hotline's 29<sup>th</sup> annual Bowl-A-Thon will be held this year in April and May. We're counting on you to join in the fun by bringing a team of your own to compete at Paso Robles, Pismo and Santa Maria Bowls. Behind the scenes our volunteers, generous donors and sponsors will be back to make this a rockin' event. If you are a returning team captain, we thank you for your past Bowl-A-Thon support! If you're new, we are glad you're here!

Last year, over 26,000 calls were made to 211 SLO Hotline by people in need of vital social service resources. Of those calls, one-third were crisis and support related, handled by trained volunteers available 24 hours a day, seven days a week. Without a doubt, 211 SLO Hotline has provided a critical service to our community. **It has been a particularly precious resource to those that Transitions-Mental Health Association (TMHA) serves: our friends and family who have a mental illness.**

TMHA now operates SLO Hotline 800-549-4499. SLO Hotline will be staffed by volunteers and employees 24 hours a day, seven days a week. It remains the only free service of its kind in the area providing suicide prevention, emotional and mental health support. All callers will continue to benefit from this confidential service, 24 hours of every day.

Bowl-A-Thon is an opportunity to help in this community service, and I encourage you to participate this year! Sponsor information and a checklist of opportunities are enclosed.

Thank you in advance for your contribution to SLO Hotline's Bowl-A-Thon and to the mental health of our community. We are very excited to see you bowl again this year.

#### TEAM CAPTAIN KICK-OFF MEETINGS

**Monday, March 29 – South County/San Luis Obispo Kick-Off Meeting**

To be held at 4:00 p.m., TMHA, 277 South Street, Suite Y, SLO

**Tuesday, March 30 – North San Luis Obispo County Kick-Off Meeting**

To be held at 4:00 p.m., TMHA PEP Center, 5385 El Camino Real, SuiteA, Atascadero

**Wednesday, March 31 – North Santa Barbara County Kick-Off Meeting**

To be held at 4:00 p.m., Rancho Bowl, 128 Donovan Road, Santa Maria

Please find in your packages:

- |   |   |
|---|---|
| <input checked="" type="checkbox"/> Team Sign-up Sheet            | <input checked="" type="checkbox"/> Pledge Sheets       |
| <input checked="" type="checkbox"/> Team Captain Responsibilities | <input checked="" type="checkbox"/> Incentives & Awards |
| <input checked="" type="checkbox"/> Bowling Schedule              | <input checked="" type="checkbox"/> Donation Receipts   |

*Packets are also available for download on the website: [www.t-mha.org](http://www.t-mha.org).*

**SLO Hotline's Tradition with a 2010 Transition**



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## TEAM CAPTAIN SIGN-UP

Print clearly and include each bowler's name. Lane reservations are not confirmed until team information is received in the Transitions office.

**Preferred Bowling Shift (see schedule below):**

**Bowling Alley:** \_\_\_\_\_ **Day/Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Business/Company/Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

### BOWLER'S NAMES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### CAPTAIN'S INFO

**Team #** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Team Name:** \_\_\_\_\_

*We appreciate having complete information on each bowler to pre-register them for the event.*

### BOWL-A-THON DATES

Lanes	Day/Date	Time
<b>Pismo Bowl</b> 227 Pomeroy Ave. Pismo Beach 773-2482	Friday, April 16	6:00Full
	Sat, April 17	12:30
	Law Enforcement	3:00
	Night	5:30
	Sun, April 18	1:00
	Sun, April 25	1:00
	Fri, April 30	6:00
Sun, May 2	1:00	
<b>Paso Bowl</b> 2498 Spring St. Paso Robles 238-5020	Fri, April 23	6:00
	Sat, May 1	3:00
	Law Enforcement	6:00
<b>Rancho Bowl</b> 128 E. Donovan Rd. Santa Maria 925-2405	Sat, April 24	4:00
		7:00

**Please fax, mail or email this form to:**

#### Mail

Bowl-A-Thon Coordinator  
 Transitions Mental Health Association  
 P.O. Box 15408  
 San Luis Obispo, CA 93406

#### Phone

(805) 541-5144 ext. 152

#### Fax

(805) 541-9480 attn. Lesta Travis

#### Email

events@t-mha.org

#### Web Site

www.t-mha.org



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## TEAM CAPTAIN RESPONSIBILITIES

1. Organize one or more bowling teams...**five** people on a team.
2. Pass out pledge forms to your team **as soon as you get them!** If you are downloading package materials via the web, please print out the following for your bowlers:
  - Pledge sheet
  - A supply of donation receipts
  - Incentives & Awards

**Each bowler is asked to collect a minimum of \$100 to participate in the event.** Bowlers who collect more are eligible for extra prizes!

3. Motivate your team and encourage them to gather donations beyond the \$100 minimum! The more your team raises, the better chance you have to win prizes.
4. Attend the Bowl-A-Thon Kick-Off Meeting to get tips on pledge getting, confirm your bowling schedule, socialize with other team captains and maybe even win a fabulous prize.

**Important  
DATE!**

**Monday, March 29** – South County/San Luis Obispo Kick-Off Meeting  
To Be Held at 4:00 pm, TMHA, 277 South Street, Suite Y, SLO

**Tuesday, March 30** – North San Luis County Kick-Off Meeting

To Be Held at 4:00pm, TMHA PEP Center, 5385 El Camino Real, Suite A, Atascadero

**Wednesday, March 31** – North Santa Barbara County Kick-Off Meeting

To Be Held at 4:00pm, Rancho Bowl, 128 E. Donovan Road, Santa Maria

5. Remind your bowlers to be at the bowling alley approximately **15 minutes** before your shift begins.

**→ DON'T  
FORGET!**

**ALL BOWLERS MUST BRING COMPLETED FORMS WITH  
\$100 OR MORE IN PLEDGES IN ORDER TO BOWL**

### Quick Facts About SLO Hotline 800.549.4499

- SLO Hotline has provided 40 years of service to San Luis Obispo County, connecting residents to over 500 health and human service programs and support groups.
- SLO Hotline is confidential and available 24/7, free of charge, to everyone.
- In December 2009, 211 SLO Hotline divided into two service programs:
  - The 211 county resources line became a United Way of SLO County program.
  - SLO Hotline became a suicide prevention, emotional and mental health support service operated by Transitions Mental Health Association.
- Last year, 26,000 calls were made to SLO Hotline by people in need of vital social services.
- SLO Hotline will continue in the coming years to train staff and volunteers in suicide prevention and mental health support skills, providing a vital community service to our neighbors in need.



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## TOP BOWLER INCENTIVES AWARDS

Based on funds individual bowlers turn in at Bowl-A-Thon

### ★★★ Nominations for Achievement ★★★

\$100 or more

Commemorative T-Shirt

\$250 or more

Commemorative T-Shirt

1 raffle ticket for grand prize drawing on May 2

\$500 or more

Commemorative T-Shirt

2 tickets for grand prize drawing on May 2

*Night with Musical Entertainment* prize – entertainment certificate

### ★★ And the Grammys go to ★★

Artist of the Year

Individual raising most money

*Night on the town* for two – Dinner and a concert tickets

Album of the Year

Team raising most money

Individual music certificates

Framed team certificate of appreciation

Best Music Video – Best Theme Attire

Best dressed performer (individual)

Best dressed band (team)

Both will receive a

Commemorative Album Cover





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**BOWLER'S PLEDGE SHEET**

Bowler's Name: \_\_\_\_\_ **BOWLING:** Lanes: \_\_\_\_\_ Day/Date: \_\_\_\_\_ Time: \_\_\_\_\_  
 Address: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
 Company: \_\_\_\_\_ Address: \_\_\_\_\_  
 Team Captain: \_\_\_\_\_ Team # \_\_\_\_\_ Team Name: \_\_\_\_\_

#	Name	Phone	Email <i>(If you'd like to receive Bowl-A-Thon results via email)</i>	Amount Pledged	PLEASE NOTE METHOD OF PAYMENT			
					Cash	Check	Online	Owed
1				\$	\$	\$	\$	\$
2				\$	\$	\$	\$	\$
3				\$	\$	\$	\$	\$
4				\$	\$	\$	\$	\$
5				\$	\$	\$	\$	\$
6				\$	\$	\$	\$	\$
7				\$	\$	\$	\$	\$
8				\$	\$	\$	\$	\$
9				\$	\$	\$	\$	\$
10				\$	\$	\$	\$	\$
<b>Totals:</b>				\$	\$	\$	\$	\$

**OFFICE USE ONLY**  
 Pre-paid cash \$ \_\_\_\_\_ Pre-paid check \$ \_\_\_\_\_ # of checks \_\_\_\_\_ TOTAL: Pre-paid \$ \_\_\_\_\_ Outstanding \$ \_\_\_\_\_ 1st Auditor \_\_\_\_\_ 2nd Auditor \_\_\_\_\_



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**DONATION/PLEDGE RECEIPT**

Business/Individual Name: \_\_\_\_\_ Team # \_\_\_\_\_

Your tax deductible contribution of \$ \_\_\_\_\_ is greatly appreciated. SLO Hotline is a program of Transitions Mental Health Association, a private, not for profit 501(c)3 organization; tax identification number 95-3509040.

***Donations to SLO Hotline support the only free, 24-hour information & referral, support and crisis intervention line in our county.***

Please call the TMHA office at (805) 541-5144 ext. 152 for general information, Bowl-A-Thon participation, sponsorship and volunteer opportunities, or to make additional donations.



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