TEAM SURVIVOR NORTHWEST

Sponsorship Opportunities

www.teamsurvivornw.org
Our mission at Team Survivor Northwest is to provide a broad range of free fitness and health education programs to enable women cancer survivors, in any stage of treatment or recovery and at any fitness level, to take an active role in their ongoing physical and emotional healing.
DID YOU KNOW?

Exercise is Medicine!

Hundreds of peer-reviewed studies are now showing evidence of up to a 40-60% decrease in mortality associated with physical activity during and after cancer treatment. This is why Team Survivor Northwest offers fitness programs at no cost to all women who have had a cancer diagnosis.

"Being physically active is one of the most important steps people of all ages and abilities can take for cancer prevention, treatment, and control.... Strong evidence exists to support an association between physical activity and cancer risk and survival."

-Study in the Official Journal of the American College of Sports Medicine (ACSM), 2019
Thank you for considering being a sponsor for Team Survivor Northwest, a 501(c)3 nonprofit organization that envisions a world in which every woman who has had a cancer diagnosis has the resources and support to return to her best physical and emotional well-being. We would be honored to partner with you in offering hope, strength, health, and community to women cancer survivors.

"We make a living by what we get... But we make a life by what we give." -Winston Churchill

01 Identify the program that fits your goals.
What impact do you want to make? Team Survivor Northwest wants to match you with the program that speaks most to your brand identity and objectives.

02 Consider at which level you would like to support.
Every giving level makes a difference. Sometimes sponsors give with in-kind donations, that come at a minimal cost to them. Others are able to afford large cash donations.

03 Work with the Executive Director to customize.
After the program options that follow, you will find a guide to different giving levels and benefits. These can be personalized in discussions with the Executive Director.
Fitness Retreat

The annual Fitness Retreat is perhaps the most highly anticipated TSNW event. Over 100 women gather overnight, learn from experts in cancer and nutrition, exercise with a variety of instructors and build each other up through community activities. Many women continue to refer to the Fitness Retreat as the moment that they regained hope after their cancer diagnosis.

Miles for Meaning

Competition is in the air the entire month of March as TSNW competes against more than 100 other nonprofit organizations across the US to see which team can log the most miles walking, running, hiking, or cycling. TSNW ranks in the top 5 Miles for Meaning competitors as cancer survivors regain their health and support a good cause.

Mountain Climb

One of the most difficult, but rewarding TSNW challenges is the Mountain Climb. From Mount St. Helens to Mt. Adams, TSNW members surpass their own expectations as they train and reach heights they never even dreamed of achieving before a diagnosis. It is symbolic of just how far they have come and how much strength they have gained along the journey.
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Seasonal Programs

✅ Hiking Groups
Team Survivor’s two hiking groups, Basic Hiking and Advanced Hiking, meet weekly from April through September. Hiking is the perfect exercise for cancer survivors combining fresh air, vigorous physical activity and camaraderie. The hikes are designed to be progressive and members feel empowered to see how far they have come since the beginning of the season.

✅ Triathlon Training
Many Team Survivor members find themselves competing in a triathlon for the first time in their life. The triathletes train all spring and summer and compete multiple times, including at the Girlfriends Triathlon. With over 70 members on the TSNW team, women are transforming how they see themselves and grow stronger with each stroke, cycle and step.

✅ Cycling
Regular cycling is a way to increase cardiovascular fitness, muscle strength and joint mobility, while improving posture and coordination. At TSNW, it is one of the many activities that has been shown to prevent cancer recurrence. The TSNW Cycling group meets weekly and works progressively throughout the season for as long as the weather allows.

✅ Snowshoeing
Snowshoeing has provided TSNW members a unique way to get exercise while enjoying the beauty of the Central Cascade Mountains in the winter. Participants enjoy the scenery of the forests, the peaceful quiet, the fresh, crisp air, and the connections they build with others, all while staying healthy.
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Year-Round Programs

✓ Move to Heal Fitness Classes
TSNW’s Move to Heal fitness classes are offered around the greater Seattle area and online. Classes are taught at different levels of intensity by instructors who are trained in Cancer Exercise. Instruction is based on the four pillars of effective exercise programs: flexibility, aerobics, balance, & strength and adapted to meet the varying needs of members during and after treatment.

✓ Dragon Boating
The Survivor Sake dragon boat team has around 50 active members and practices year-round. Among other accomplishments, the team has ranked 3rd in the All Cancer Survivor (ACS) Division at the Club Crew National Championships, qualifying them to compete in the Club Crew World Championship races in France. They have "one heart, one soul, one team, one goal"!

✓ Urban Walking
Walking offers a gentle way to stay active, even for members who are still going through cancer treatment. While regaining health, women can find comradery with others who understand what they have experienced. This is a program that is currently being expanded to reach more women, particularly those in underserved communities.

✓ Volunteer Program
Team Survivor’s programs could not exist without the many dedicated volunteers who together put in thousands of hours of work each year. Both short-term and long-term volunteers who believe in the TSNW mission give selflessly to create undeniable impact. The volunteer program creates hope, healing, and connection, empowering all who join the team.
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Fundraising Efforts

✅ Annual Gala

TSNW's annual gala typically raises half of the operating budget each year. This allows the organization to strengthen current programs and reach more women. It is always a team effort with support from partners, members, volunteers, the community and matching donors - a night of inspiration, generosity and friendship that unites the whole community.

✅ STEP UP for Survivors

STEP UP for Survivors is TSNW's annual GiveBIG campaign, which raises $25,000-$40,000 per year. Team Survivor members give to a cause that has transformed their lives, while having fun competing for their favorite program(s). The outside community also gets involved to increase the reach of the free programs that the organization offers all who can benefit.

✅ Sustainers

Monthly, sustaining donations - no matter the amount - help TSNW reduce administrative costs, plan long-term improvements to our programs and make the organization special. Each July, Team Survivor tells some of the many inspirational stories from current Sustainers and encourages others to join the Sustainers making an impact in the community.
Below are general sponsorship benefits that come with each giving level or in-kind donation. No matter which TSNW program you select to sponsor, benefits stretch across different programs and events. For example, if you choose to be a Triathlon Sponsor at the $5,000 level, your logo will be on the Triathlon webpage, mentioned in relation to Triathlon events, on the Triathlon t-shirts, on the main page of the TSNW website, you will receive 1 personalized social media post, plus you will receive 4 tickets to the annual gala and have your selected recognition image part of the gala and shared on social media.

### 2022 GENERAL SPONSORSHIP LEVELS

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OTHER SPONSOR

REACH UNDERSERVED POPULATIONS
TSNW is working to reach more underserved communities. Programs that will see the most growth in this area are the Move to Heal fitness classes and Urban Walking.

BE THE START OF SOMETHING NEW
If interested in being involved with big changes, there are two programs that are expected to relaunch like new - Urban Walking and the Volunteer Program and, if funded, Move to Heal classes can double.

SPONSOR AN INDIVIDUAL CLIMBER
To get your whole office involved in a good cause, have your business sponsor a specific climber, helping her reach the top of the mountain, transforming her life.

NATIONAL ATTENTION
Miles for Meaning is a national event with participants checking the Kilter app multiple times per day to check miles and rankings. This is a great place to have a logo.

DONATE YOUR SWAG
At the Fitness Retreat, we can give out your branded swag items to participants and/or prizes to lucky winners.

CONTRIBUTE IN-KIND DONATIONS FOR THE GALA
If you have a service or product that we can auction off for the gala, you can support TSNW at a lower cost to yourself.
Additional Information

Team Survivor Northwest uses volunteers and donated space to make every donated dollar stretch as far as possible. It is also unique in that women who have finished treatment are able to stay for years to support new members. Despite rapid growth in recent years, the feeling of a tight-knit community endures.

**TSNW SIZE**

- Average annual budget: $300,000
- Value of volunteer services: $207,000
- Paid Staff: 4
- Average # of active members: 450
- Average # of annual donors: 1,000

**TESTIMONIAL**

"Team Survivor Northwest has been life changing... Getting a cancer diagnosis was the negative and TSNW was the positive that helped me get through treatment and beyond. Through the [fitness] classes and hiking, I was able to summit heights that I never thought possible, even before diagnosis. I am grateful for this strong and dedicated group of women survivors and trainers, the expertise and training, and the opportunity to push myself further than I thought."

- TSNW Member
Thank you!
FROM TEAM SURVIVOR NORTHWEST

Communication

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TSNW

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