Team Fisher House

Spirit Squad Manual
# Table of Contents

**Team Fisher House Spirit Squad Manual**
1

Team Fisher House Event Mission: 1

Mile Markers Spirit Squads 2

General Information 2

Purpose 2

Orientation 2

Order of Operations 3

Spirit Gear Pick Up at Expo 4

Race Day Procedures 5

Getting to Your Location 5

Being Good Stewards of Fisher House 5

Fueling the Troops 5

Weather Preparations 5

Recording Your Experiences - Win TFH Jackets for Your Spirit Squad! 5

Spirit Squad Training and Motivational Videos 6

Learn More 7

About Fisher House Foundation: 7

About Team Fisher House 9
Team Fisher House Event Mission:

To show Fisher House Foundation’s appreciation for the Team Fisher House runners’ fund- and awareness-raising efforts at the event.
Mile Markers Spirit Squads

General Information

Purpose
Team Fisher House recruits volunteer groups as Spirit Squads along the race course to let our runners know how much we appreciate their fund- and awareness-raising efforts at the race and to ensure they have smiles on their faces when they cross the finish line. Spirit Squad volunteers have a second important role as recruiters of future fundraisers.

Your group’s enthusiasm and cowbell-ringing will make that happen!

Orientation

All Spirit Squad Volunteers are stewards of Fisher House Foundation. Therefore, always be kind and present yourself in a professional manner.

Familiarize Yourself with Fisher House Foundation to accurately answer questions you may receive from spectators and participants on the race course.

- Read about the Foundation on pages 7-8
- Read about Team Fisher House on page 9
When explaining the Fisher House Foundation it is best to say “Fisher Houses are similar in concept to Ronald McDonald Houses, however, Fisher House Foundation builds comfort homes for military families on the grounds of Military and Veterans Affairs Hospitals.”

**Order of Operations**

1. Pick up Spirit Gear at Expo
2. Race Day Procedures
3. Spirit Squad Training & Motivational Videos
Spirit Squad leaders should plan to pick up their groups Spirit Gear at the race expo during normal operating hours. The gear will be pre-sorted with the pre-selected shirt sizes, cow hats, and cowbells. There will also be a roster with emergency contact information for all the group members.
**Race Day Procedures**

**Getting to Your Location**
All Team Fisher House Spirit Squads should plan to make all their own travel and transportation arrangements. There are many travel restrictions in the city on race day, so please add extra time to your travel schedule and plan to take public transportation only within the boundaries of the race course.

The Team Fisher House Volunteer Coordinator will send a race map and Metro directions a few weeks prior to the race to help with your transportation plans.

**Being Good Stewards of Fisher House**
We support all runners - from general participants to Team Fisher House fundraisers. Chant motivational messages and ring your cowbells for all. However, you can save a bit more energy for each Team Fisher House member to let them know they are a “VIR” Very Important Runner in our eyes!

We ask that you remove yourself from view of the race course for any rest breaks or to use your personal devices (phone, etc.). When present on the course we ask that you keep focus on the runners and show them your undivided attention. You are their motivator and recruiter.

Please plan to stay at your assigned location the entire length of your shift. Those at the back of the pack need your energetic support that much more.

**Fueling the Troops**
Depending on your race course location, you could be spending a significant portion of your day supporting Team Fisher House. Please make sure each volunteer has enough food and water to keep them well-fueled and well-hydrated on race day.

**Weather Preparations**
Each race is held rain or shine! Our runners will need your support even more if the weather is less than ideal. Please make sure your volunteers come prepared for whatever crazy weather is planned for race day.

**Recording Your Experiences - Win TFH Jackets for Your Spirit Squad!**
Team Fisher House would be so grateful for any media assets you can obtain on race day - photos and/or video of Team Fisher House runners and photos and/or video of your Spirit Squad! Team Fisher House will provide our SmugMug account photo upload instructions after the race.

We host a video challenge contest each year. We ask that each Spirit Squad submit a video of their race experiences - the winning group receives Team Fisher House jackets for each of their members! Upload your video to [youtube.com](http://youtube.com) and then contact [teamfisherhouse.org](http://teamfisherhouse.org) with the link.
Spirit Squad Training and Motivational Videos

Team Fisher House has many videos to inspire our volunteers. Check them out on our YouTube Channel at www.youtube.com/fisherhousefoundation
Learn More

It is important that all volunteers learn about Fisher House before race weekend. They will appreciate the runners’ fund- and awareness-raising efforts even more after they learn about the importance and significance of the Foundation’s mission: Helping Military Families

About Fisher House Foundation:

Fisher House Foundation is best known for the network of comfort homes built on the grounds of major military and VA medical centers nationwide and in Europe. Fisher Houses are beautiful homes, donated to the military and Department of Veterans Affairs. These homes enable family members to be close to a loved one at the most stressful time - during the hospitalization for a combat injury, illness or disease.

Located in close proximity to the medical center or hospital it serves, each Fisher House consists of between 8 and 21 suites, with private bedrooms and baths. Families share a common kitchen, laundry facilities, spacious dining room and an inviting living room with a library and toys for children. Fisher House Foundation ensures that there is no fee to stay in a Fisher House. Since 1990, the foundation has saved military, veterans and their families an estimated $282 million in out of pocket costs for lodging and transportation.

Fisher House Foundation also operates the Hero Miles Program, using donated frequent flyer miles to bring family members to the bedside of injured service members as well as the Hotels for Heroes program using donated hotel points to allow family members to stay at hotels near medical centers without charge. The Foundation also manages a grant program that supports other military charities and scholarship funds for military children, spouses and children of fallen and disabled veterans.

In addition to constructing new houses, Fisher House Foundation continues to support existing Fisher Houses and help individual military families in need. We are also proud to administer and sponsor Scholarships for Military Children, the Hero Miles program, and co-sponsor the Newman’s Own Award.
What are some quick Fisher House Facts?

Since 1990:

- $282 million savings to families in food, lodging, and transportation costs
- Over 250,000 families served
- Over 65 houses in operation
- 4-Stars by Charity Navigator
About Team Fisher House

Cathy Cabrey and Stacy Toner met in fall of 2003 through their battalion’s Family Readiness Group. Both their husbands were deployed to Iraq from Fort Riley, Kansas in support of Operation Iraqi Freedom. Stacy’s husband had command of a brigade reconnaissance troop and Cathy’s husband was Stacy’s husband’s battalion commander. As military spouses, they focused on helping others during the year-long deployment. As individuals, they focused on not only surviving the separation, but thriving as well.

Their friendship began with a conversation about Cathy dabbling with the idea of running a marathon “some day.” Stacy suggested that “some day” could be now. They became training partners that same week and added a small local marathon 9 months in the future to their calendars. Cathy and Stacy quickly found that marathon training gave them much needed time to decompress and the physical exercise to relieve the constant stress of a deployment. It was great therapy.

Six months after their successful completion of the Gobbler Grind Marathon, in Kansas City, Kansas the Army moved Stacy and Cathy to different parts of the country, but their connection remained strong. In early 2006, after a particularly inspirational run, Cathy Cabrey presented the idea of a military spouse team at the Marine Corps Marathon team to Fisher House; the Foundation was immediately on board. When Cathy called Stacy to ask her to coach this grassroots team, Stacy didn’t hesitate for a moment to say “yes.” The Team Fisher House program was born.

What are some quick Team Fisher House Facts?

- Program started by two military spouses in 2006
- $4.5 million has been raised for Fisher House Foundation by Team Fisher House participants since 2006
- 4,500 individuals have joined Team Fisher House fundraising teams at military races since 2006
- Team Fisher House fundraising teams will participate in 5 military races in 2015