

## How You Can Participate!

### Form a Kick for Clots Team:

Recruit friends, family members and business associates to form a 10 member kickball team. Sign up and register your team by going to [www.firstgiving.com/natt](http://www.firstgiving.com/natt), click "Get Started" and select the Kicks for Clots Tournament. Select a team captain and a team name. We ask each team to set a fundraising goal of \$1000 in order to participate in the tournament. Teams are guaranteed at least 2 games.

### Individual Team Members:

Go to [www.firstgiving.com/natt](http://www.firstgiving.com/natt) to register and create a personal page online to raise funds for clotting disorders. Each team member sets up his/her own fundraising page in the name of the team. Team members can encourage their families, friends, neighbors and business associates to donate online, by sharing his/her fundraising page. Don't forget to link to your facebook page, ask your company for a matching donation, and send an e-mail to everyone you know!

### Donate to NATT:

If you can't attend and still want to show your support you can donate online at [www.firstgiving.com/natt](http://www.firstgiving.com/natt) to cheer on one of our players or teams. Or mail a donation to NATT at: 120 White Plains Road Suite 100 Tarrytown, NY 100591. For more information visit us on the web at [www.stoptheclot.org](http://www.stoptheclot.org)



**Stop the Clot™**

National Alliance for Thrombosis &  
Thrombophilia  
120 White Plains Road, Suite 100  
Tarrytown, NY 10591  
877-4-NO-CLOT [www.StopTheClot.org](http://www.StopTheClot.org)

### Your support can help

### StopThe Clot®!

There are spots for 10 teams with 10 players each to play near the beach! Start forming your team and sign up today. Kickball players, sponsors and fans will enjoy a fun and memorable day. Attendees should feel free to bring food and beverages of their liking, but no alcohol or glass is permitted at the tournament.

#### **"Kicks for Clots" Corporate Sponsorship Opportunities:**

Home Run = \$2000  
Triple = \$1000  
Double = \$500  
Single = \$250

We also greatly appreciate in-kind donations of goods or services. For more information about the benefits please contact Kristen Holgerson via e-mail: [kholgerson@stoptheclot.org](mailto:kholgerson@stoptheclot.org)

## Join Us for Our First "Kicks for Clots" Tournament!



### Remember how much fun kickball is to play?

Well, we're making it even cooler to kick that big red ball and run around the bases by raising awareness and funds for blood clots and clotting disorders!

**Saturday, June 26, 2010  
5<sup>th</sup>, 6<sup>th</sup>, and Haven Streets**

**Softball Fields  
Ocean City, NJ 08226  
Check in at 10:00 am  
Play till 4:00 pm**



**Why You Should Participate in the Kicks for Clots Tournament:**

- ✓ Approximately 350,000 - 600,000 people get blood clots in the leg or lung
- ✓ A pulmonary embolism is a serious medical condition that each year kills at least 100,000 Americans
- ✓ This means that almost 1 out of 3 people with venous blood clots die
- ✓ Most of these lives can be saved if more patients and health care professionals know about the risks, symptoms and treatment

**Watch for these DVT (leg clot)**

**symptoms:**

- ✓ Swelling, usually in one leg
- ✓ Leg pain or tenderness
- ✓ Reddish or bluish skin discoloration
- ✓ Leg warm to touch

**Watch for these PE (lung clot)**

**symptoms:**

- ✓ Sudden shortness of breath
- ✓ Chest pain-sharp, stabbing; may get worse with deep breath
- ✓ Rapid heart rate
- ✓ Unexplained cough, sometimes with bloody mucus

**If you experience symptoms seek medical attention immediately!**

The National Alliance for Thrombosis & Thrombophilia (NATT) is a patient led advocacy group formed as a non-profit organization in 2004. Our mission is to prevent, diagnose and treat thrombosis and thrombophilia through research, education, support and advocacy.

Make sure that you and your team let people know that their donations will be used for education and public awareness about the risks of blood clots and clotting disorders. Our tax exempt number is 56-2425135.

**Tournament Info:**

**Who:** Co-ed teams ready to raise funds for blood clots and clotting disorders

**What:** Teams of 10 register and create fundraising pages on [www.firstgiving.com/natt](http://www.firstgiving.com/natt)

**When:** Saturday, June 26, 2010, 10 am - 4 pm

**Where:** 5<sup>th</sup> & 6<sup>th</sup> St Fields, Ocean City, NJ

**Entry Fee:** \$30 per person

**Team Fundraising Goal:** \$1000

**Questions:** cheryl.fishman@gmail.com or kholgerson@stoptheclot.org

**A Personal Fundraising Plan:**

- ✓ Ask 4 family members to donate \$25
- ✓ Ask 3 friends to donate \$25 or more
- ✓ Ask 3 neighbors to donate \$20 or more
- ✓ Ask 4 co-workers to donate \$25 or more
- ✓ Ask your company for a matching donation
- ✓ **The minimum you've raised = \$350!**

**Register online:**  
[www.firstgiving.com/natt](http://www.firstgiving.com/natt)  
**Select: Get Started**  
**Choose: Kicks for Clots**  
**Or use the form below**  
**Registration Form:**

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

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

E-Mail: \_\_\_\_\_

My \$30 registration fee is enclosed; make checks payable to NATT. Mail to:  
NATT, 120 White Plains Road, Suite 100  
Tarrytown, NY 10591

T-Shirt Size:  S  M  L  XL

**WAIVER:** In consideration of being permitted to participate in the Kicks for Clots Tournament, I hereby, for myself, my heirs, and personal representatives assume any and all risks which might be associated with the event. I further waive, release, discharge, and covenant not to sue NATT, its officers, employees, sponsors, volunteers or other representatives or their successors and assigns, for any and all injuries or damages of any kind whatsoever suffered as a result of taking part in the events an any related activities. I also agree to the use of any photo, film or videotape from the event for any purpose.

\_\_\_\_\_  
Signature  
Parent's signature above (if participant is under 18)

