



Volleyball can do more than win games — it can help change lives.

What is Side-Out?

- Side-Out is a nonprofit that uses volleyball to help raise money for **metastatic breast cancer research**.
- Metastatic breast cancer is breast cancer that has spread to other parts of the body.
- Side-Out supports research focused on finding better, more personalized treatments for people living with metastatic breast cancer.

Why are we doing this?

- We're the **Meridian High School Volleyball Team**, and we're using our sport to support an important cause.
- Our **October 5 game** is a special Dig Pink game.
- We want to use the energy of our team and our community to help give people with metastatic breast cancer **more tomorrows**.

How can you Donate?

- Any donation makes a difference — **\$5, \$10, \$20, or whatever you can give**.
- Just **scan the QR code** or share our [fundraising page](#).
- You can donate in honor or memory of someone you love, too.

Sample Script:

"We're doing a Dig Pink game on October 5 to raise money for metastatic breast cancer research through the Side-Out Foundation. Would you consider making a donation? You can scan the QR code right here."

Dig Pink — Team To-Do List

BEFORE THE EVENT

- **Sign up for Flocking!** 
 - Sign up for at least one flocking night during the weeks of **September 22 and September 29.**
 - Small groups of girls go together.
 - **A driver is needed for each group.**
 - We will flock **4 houses per night.**
 - More details/training will be provided before flocking starts.
- **Check your school schedule**
 - Make sure you **do not have an exam, major project, or other important school commitment the next morning** before signing up for a late flocking night.
 - If you do, choose a different night.
- **Help with raffle baskets**
 - Each team needs girls to help create **3 raffle baskets.**
 - Be creative! Think themes, "Best of Falls Church," movie night, etc.
 - **Baskets need to be completed by September 30.**
- **Bring something for the Bake Sale** 
 - Homemade **or** store-bought is totally fine.
- **Ask for donations**
 - Share the Side-Out fundraising page with family and friends.
 - **Goal: at least 3 donations per player.**
 - Every amount helps!
- **Volunteer for a team job**
 - Social media/photos
 - Raffle baskets
 - Flocking
 - Fixing/prepping flamingos
 - Going around Falls Church in jerseys to ask for donations/raffle gifts
 - Making/distributing flyers

SEPTEMBER 19 (during tournament)

- **Help make signs and banners** for Dig Pink.

OCTOBER 5 — GAME DAY

- **Come ready to help between sets**
 - Girls will help with games and activities.
- **Wear your pink / bring your Mustang spirit!** 

MOST IMPORTANT

Everyone needs to participate in multiple ways.

-  **Flock**
-  **Help with raffle baskets**
-  **Bring a bake-sale item**
-  **Get 3 donations**
-  **Help promote the event**
-  **Help on game day**

Our goal is to make Dig Pink a huge success for Meridian and raise as much money as possible for Side-Out.