



# Going for Gold Fundraising Ideas



Take on an Olympic-inspired fundraising challenge and help disadvantaged young people across the UK. Feel free to get as creative as you like but here are some top of our favorite ideas to get you started:

## Mount Fuji Challenge



Run, walk or cycle 46 miles and get sponsored by friends and family. You could also organize a sweepstake – the person who picks the closest time gets a prize!

## Roll With It Sushi Workshop



Get together with friends and family and try your hand at a new skill. Simply order sushi-making kits in advance and charge a set fee for each person.

## Coach Core-igami Origami Workshop



'Coach CORE-igami' is another cultural experience embracing the spirit of the Tokyo 2020 Olympics. During the Olympics why not host an origami workshop so you can try some traditional Japanese arts and crafts!

## 'Your Podium' Challenge



We challenge you to walk, jog or run 3k and nominate 2 friends to complete 'Your Podium'. Your two nominees then pick their own podium members keeping the challenge going and making it fun and fit for all!

## TOKYO 5'S FOOTBALL TOURNAMENT



Whether you go for 5, 7 or 11 a-side, football tournaments always draw a crowd and make great entertainment for spectators.

## In It To Win It



Bring the office together with an Olympic sweepstake and see which country takes home the most medals!

## Say hello!

Once you've decided how you're going to fundraise drop us an email or give us a call to say hello and let us know your plans. Make sure you keep us updated with photos and videos, we love seeing and sharing them!

## Paying in your proceeds

With a JustGiving page your donations and Gift Aid come directly to us, you don't have to worry about a thing! If you do need any help please just let us know - [terrell.jordan@coachcore.org.uk](mailto:terrell.jordan@coachcore.org.uk), 07904 341 656



# In It to Win It Sweepstake



## Sweepstake Rules and Instructions to Play:

1. Cut out each country, fold and place in an envelope.
2. Offer tickets to your colleagues for a suggested donation of £2, £3 or £5 per entry and get them to draw a country.
3. Make a note of who draws each country.
4. The person who picked the winner keeps half of the money with the remainder donated to Coach Core.

Afghanistan	Albania	Algeria	American Samoa	Andorra
Angola	Antigua	Argentina	Armenia	Aruba
Australia	Austria	Azerbaijan	The Bahamas	Bahrain
Bangladesh	Barbados	Belarus	Belgium	Belize
Bermuda	Benin	Bhutan	Bolivia	Bosnia
Botswana	Brazil	British Virgin Islands	Brunei	Bulgaria
Burkina Faso	Burundi	Cambodia	Cameroon	Canada
Cape Verde	Cayman Islands	Central African Republic	Chad	Chile
Colombia	Comoros	D.R. Congo	Cook Islands	Costa Rica
Cote d'Ivoire	Croatia	Cuba	Cyprus	Czech Republic
Denmark	Djibouti	Dominican Republic	Czech Republic	East Timor
Ecuador	Egypt	El Salvador	Equatorial Guinea	Eritrea
Estonia	Ethiopia	Fiji	Finland	France
Gabon	Gambia	Georgia	Germany	Ghana
Greece	Grenada	Guam	Guatemala	Guinea
Guinea-Bissau	Guyana	Haiti	Honduras	Hong Kong
Hungary	Iceland	India	Indonesia	Iran
Iraq	Ireland	Israel	Italy	Jamaica
Japan	Jordan	Kazakhstan	Kenya	Kiribati
North Korea	South Korea	Kosovo	Kuwait	Kyrgyzstan
Laos	Latvia	Lebanon	Lesotho	Liberia
Libya	Liechtenstein	Lithuania	Luxembourg	Macedonia
Madagascar	Malawi	Malaysia	Maldives	Mali
Malta	Marshall Islands	Mauritania	Mauritius	Mexico
States of Micronesia	Moldova	Monaco	Mongolia	Morocco
Montenegro	Mozambique	Myanmar	Namibia	Nauru
Nepal	Netherlands	New Zealand	Nicaragua	Niger
Nigeria	Norway	Oman	Pakistan	Palau
Palestine	Panama	Papua New Guinea	Paraguay	Peru
Philippines	Poland	Portugal	Puerto Rico	Qatar
Romania	Russian Federation	Rwanda	Saint Kitts and Nevis	Saint Lucia
Saint Nevis and the Grenadine	Samoa	San Marino	Sao Tome and Principe	Saudi Arabia
Senegal	Serbia	Seychelles	Sierra Leone	Singapore
Slovakia	Slovenia	Solomon Islands	Somalia	South Africa
South Sudan	Spain	Sri Lanka	Sudan	Suriname
Swaziland	Sweden	Switzerland	Syria	Taiwan
Tajikistan	Tanzania	Thailand	Togo	Tonga
Trinidad and Tobago	Tunisia	Turkey	Turkmenistan	Tuvalu
Uganda	Ukraine	United Arab Emirates	United Kingdom	United States
Uruguay	Uzbekistan	Vanuatu	Venezuela	Vietnam
Virgin Islands	Yemen	Zambia	Zimbabwe	