



## MENTOR DESCRIPTION

TNT is grateful for your decision to volunteer as a mentor. We recognize that this is not a paid position - you do this as a service to the community. We hope that you recognize the commitment you are making and the responsibility that comes with it. We only ask that you give your volunteer effort 100 % - no more and no less. The #1 reason participants drop is because of fundraising, which is why your role as a mentor is critical to the success of the program.

**When selecting mentors, our focus is mainly on the success of your past fundraising and mentoring, if you mentored before. Mentors who choose to fundraise will have priority over non-fundraising mentors.**

### TNT Mentor Mission Statement

As mentors of Team In Training, our mission is to provide the best support, advice, and encouragement for our athletes in the most positive manner possible. Our goal is to provide an enjoyable atmosphere to assure that team members reach their fundraising goals and have a memorable experience. We will constantly make every effort to keep the goals of The Leukemia & Lymphoma Society and our honored patients the major motivation for our team.

### Mentor Qualifications

A mentor must be:

1. Committed to the mission of LLS.
2. Friendly, energetic and comfortable establishing relationships with others.
3. Knowledgeable in the area of fundraising.
4. Committed to attending a majority of TNT trainings and team meetings.

### Mentor Responsibilities & Expectations

1. **All mentors are required to attend the Mentor Training, Tuesday, December 8 AND Call Night on Monday, February 1 at 6 p.m.** Mentors will also be required to attend 1-2 information meetings and the kick off party on Saturday, February 6.
2. Implement the mission of LLS as often as possible.
3. Know the TNT Manual. Assist participants with fundraising efforts and set up/lead at least one team fundraiser.
4. Maintain bi-weekly contact with mentees via phone or e-mail.
5. Support TNT Staff with 1:1 fundraising meetings by following up with mentees on individual goals. Perform 1 – 2 fundraising meetings per mentee throughout the season.
6. Provide a mentor report to the staff 1 time per month via email.
7. If someone leaves you a message or email, we expect that you follow up within 24 hours.
8. You must be available for at least 75% of the team trainings. You play a critical role as “participant support.” Once the coaches have schedules created, you will be asked to provide which training dates you can commit to attending. **You are REQUIRED to attend the FIRST TRAINING.**
9. During official COACHED trainings, the coaches will rely on you to support the participants. This may mean helping with water stops, leading a team training, training with a person at a slower pace than you or staying with someone if they need help. We are here to support the participants. If you are unable to complete your desired training during this time, you will have to make time later in your schedule. Also, please socialize with everyone—not just your mentees or fellow mentors or captains. A mentor must be available to help coach and staff on race weekend (if attending event), and perform other duties as assigned.
10. You will be asked to commit to attending the monthly team meetings (4-5 per season).
11. **DO NOT** express unhappiness about the program, staff, coach or other support staff to (or around) the participants. Commit to each participants success! Your job as a mentor is to foster that “Go Team” spirit.



**MINNESOTA CHAPTER  
MENTOR APPLICATION  
Summer 2010**

Please fax application to the Society at 763-852-3001, Attn: Julie, no later than **Wednesday, November 4**. You can also email them to [Julie.Freniere-Gibson@lls.org](mailto:Julie.Freniere-Gibson@lls.org). Mentors will be notified by Friday, November 13.

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

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

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

Cell Phone: \_\_\_\_\_ Day: \_\_\_\_\_

Email: \_\_\_\_\_ Fax: \_\_\_\_\_

1) I am applying as a : \_\_\_ Runner \_\_\_ Walker \_\_\_ Cyclist \_\_\_ Triathlete\_\_\_ Hiker

2) I plan on participating in the following upcoming Summer season event: (Rank in order of preference)

___ Rock 'n' Roll Marathon®, San Diego, CA	Full___ Half___ Walk___ Run___	June 6	\$3800
___ America's Most Beautiful Bike Ride, Lake Tahoe, NV	Cycle	June 6	\$4300
___ South Maui Triathlon, Maui, HI	Olympic Distance___	June 13	\$5300
___ Hike – Yosemite National Park		June 19	\$4900
___ Rock 'n' Roll Seattle Marathon and Half Marathon, Seattle, WA	Full___ Half___ Walk___ Run___	June 26	\$3800
___ Life Time Fitness Triathlon, Minneapolis, MN	Sprint ___ Olympic ___	July 10	\$2300

**\*\*\* Mentors CAN NOT train for multiple sports!**

**Please choose one:**

- \_\_\_ If I am not selected as a mentor, I still wish to participate in the event.
- \_\_\_ If I am not selected as a mentor, I do not wish to participate in the event.

**As a mentor you have several options: (please choose one)**

- \_\_\_ I wish to receive the \$800 fundraising credit and participate in the program. (\$300 for Life Time)
- \_\_\_ I wish to support the team as a mentor, but pay for my own arrangements to the destination. **TNT will pay for jersey/tri suit and race entry only.** Estimated travel costs will be about 25% of the fundraising goal.

**\*\*\* Mentors deciding to switch to non-fundraising mentors must do so by the recommitment deadline.**

**\*\*\* If you chose not to fundraise, this event will not count toward your Triple Crown.**

3) I have participated in the following events and raised:

<u>Event</u>	<u>Raised</u>
_____	_____
_____	_____
_____	_____

4) I want to be a mentor because: \_\_\_\_\_  
\_\_\_\_\_

5) A successful mentor is: \_\_\_\_\_  
\_\_\_\_\_

6) Were you charged at recommitment or final goal when you participated? \_\_\_\_\_

7) If yes, what do you think you could have done differently to prevent this? \_\_\_\_\_  
\_\_\_\_\_

8) Tell us about your experience with your Mentor: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

9) I attended group trainings: \_\_\_ 100% \_\_\_ 75% \_\_\_ 50% \_\_\_ 25% \_\_\_ Less than 25%

10) If you attended group trainings less than 75%, why? \_\_\_\_\_

**Listed below are questions regarding the required elements of being a mentor. Please answer these questions as truthfully as possible.**

11) If you are applying to be a summer mentor, are you able to attend the mandatory Mentor Workshop on Tuesday, December 8 at 6 p.m. –Southdale Library? \_\_\_\_\_

12) Are you able to attend the mandatory Call Night on Monday, February 1 at 6 p.m. – LLS Office? \_\_\_\_\_

13) Will you be able to attend 1-2 information meetings and the Kickoff Party on February 6? \_\_\_\_\_

14) Will you be able to attend a required minimum of 75% of group trainings in your area? \_\_\_\_\_

- Walk a minimum of 3 per month
- Run a minimum of 6 per month
- Cycle a minimum of 6 per month
- Tri a minimum of 9 per month
- Hike a minimum of 3 per month

15) Will you be able to attend the monthly team meetings (4-5 per season)? \_\_\_\_\_

16) Do you have daily access to your email? \_\_\_\_\_

17) Are you able to contact your team members a minimum of once every two weeks by phone or in person? \_\_\_\_\_

18) Will you be able to EMAIL a mentor report to LLS once a month detailing the status of each team member? \_\_\_\_\_

19) Will you be able to set up / lead at least one team fundraiser? \_\_\_\_\_

20) For questions 11 – 19 please list an explanation for any no answer. Please note, answering no to more than two questions automatically disqualifies you as a mentor. If you answered yes to questions 11-18, skip to question 20:

\_\_\_\_\_

---

---

**21) Do you feel you have any current responsibilities in your life that would prevent you from giving the full amount of time required to be a mentor (i.e. travel for work or pleasure, other obligations/activities, etc.)?**

---

---

**22) Is there anything else you would like to tell us?**

---

---

**Please fax application to the Society at 763-852-3001 Attn: Julie, no later than Wednesday, November 4 . You can also email them to [Julie.Freniere-Gibson@lls.org](mailto:Julie.Freniere-Gibson@lls.org). Mentors will be notified by Friday, November 13.**