



Organiser Guide

FOR SPORTS CLUBS

GOTCHA4LIFE
MENTAL FITNESS
ROUND

THANK YOU FOR HOSTING A GOTCHA4LIFE MENTAL FITNESS ROUND AND FOR CHAMPIONING MENTAL FITNESS IN YOUR CLUB.

The role that sport and your club play in shaping a supportive environment for young people, both on and off the field, is more important than ever.

This toolkit will guide you in hosting a successful Mental Fitness Round event that sparks vital conversations, strengthens community connections, and raises vital funds for Gotcha4Life Mental Fitness programs. We would love to have as many people in your club involved as possible, so the aim is to try to keep it simple.

GETTING STARTED

- 1 **Appoint an organiser.** Someone who can rally the troops and coordinate event details. ☐
- 2 **Get support.** Ensure your club's managing committee is on board. You might also want to advise your relevant association. ☐

PLANNING YOUR MENTAL FITNESS ROUND (10-12 WEEKS OUT)

- 3 **Recruit members.** Reach out through email, social media, and club newsletters to get members involved. ☐
- 4 **Plan your game day activities.** Check out our "On the Day" activation ideas (below) or create your own. ☐
- 5 **Decide on a fundraising plan.** There are many ways to raise funds - game day tickets sales, raffles, merchandise, through your canteen or BBQ takings, or a post-game event. You can set up your club [Mental Fitness Round fundraising page here](#). Follow the simple sign-up instructions. ☐
- 6 **Partner with local businesses.** They can help provide sponsorship or donations such as food, prizes for fundraisers, or services like photography. ☐

COUNTDOWN TO GAME DAY (4-6 WEEKS OUT)

- 7 **Promote your Round.** Distribute posters and invitations prior to the game. Post messages on your club website and social media (don't forget to tag us at @gotcha4life and #Gotcha4LifeMFR). You can use our ready-made, customisable [promotional templates](#). ☐
- 8 **Order your Gotcha4Life merchandise** including Mental Fitness Round socks (whilst stocks last) and other items for the day. ☐
- 9 **Photos & videos.** Assign a club volunteer to capture the day's moments. Remember to ask people for permission for photos and videos to be shared. ☐
- 10 **Get organised.** Develop a run-sheet with clear times and designated roles. ☐



ON THE DAY

- 11 Host your Round!** We've gathered some ideas to inspire your community during your Mental Fitness Round. Choose the activities that best suit your club's needs and resources - there's no need to do everything! Feel free to adapt ideas or create your own.



Gotcha4Life Mental Fitness Round socks

Showcase unity and a collective commitment to mental fitness by having your players wear our Gotcha4Life Mental Fitness Round socks. Ordering is easy - [order here](#).

Mental Fitness Signage

Promote the importance of Mental Fitness through our ready-made posters and signage. The canteen, club house and dressing sheds are great locations to consider.

Mental Fitness Warm-Up

Incorporate a conversation-led, mental fitness warm-up routine into your teams pre-game activities to emphasise mental preparation alongside physical readiness. Try our example Mental Fitness Warm Up.

Game Day Announcer Guide

Equip your game day ground announcers with key messages to promote mental fitness throughout the event. Use our [Game Day Announcer guide](#) for inspiration.

One Minute for Mental Fitness

At the start of a game, invite everyone to take 1 minute to look around, acknowledge team-mates, opponents, coaches, and supporters, with the understanding that the community is present for each other, no matter what unfolds on the field.

Gotcha Handshake

Following the One Minute for Mental Fitness, introduce our unique Gotcha Handshake between players, teams, and officials. This gesture of camaraderie and mutual support sets a positive tone for the game ahead. Watch and learn the Gotcha Handshake [here](#).

Conversanga BBQ

Transform your traditional sausage sizzle into a fundraiser with a side of meaningful conversation. Donate your sausage sizzle and canteen funds for the day to support Gotcha4Life's vital mental fitness programs. Offer a 'Sanga for a Mate' price deal when you purchase a sausage for yourself and a mate - because the best conversations happen over a shared Sanga.

Roaming Mental Fitness reporter

Appoint a 'Mental Fitness Reporter' for the event day - a person who engages with players, club members, and supporters in meaningful conversations about mental fitness. Equip them with a list of thought-provoking questions, such as "As a sports person, you work hard on your physical fitness. Why do you think building your mental fitness is just as important?" Or, "It's easy to talk tactics on the field. Why do you think it's sometimes harder for us to talk about what's going on in our lives off the field?". Or, "We all face challenges at times. Who is in your support 'village' that you reach out to when things don't go to plan?"

Post-Game Gathering

Organise a casual gathering between teams after the game to continue the mental fitness conversation off the field. Or go bigger and arrange a post-game fundraising event! Share highlights from your Mental Fitness Round. Discuss what you can do to keep building mental fitness and support one another in the future.



POST-ROUND

- 12 Share your Mental Fitness Round** on your social media.
Don't forget to tag us at @gotcha4life and #Gotcha4LifeMFR.
- 13 Send 'Thank you's'.** Show appreciation to all contributors with a thank you note, social media call-out or a mention in the club newsletter.



"The club is the lifeblood of the community. We're very lucky to have such a social club, and one that cares about mental fitness too."

- Sophie, Mental Fitness Round club organiser, Orange Emus

Remember, your actions create ripples. The Mental Fitness Round is more than just an event; it's about starting a movement within your club that prioritises mental fitness as much as physical fitness.

Need further assistance or have questions on hosting your Round?

Email our Gotcha4Life Community Manager at fundraising@gotcha4life.org

**LET'S BUILD MENTAL FITNESS, ONE GAME,
ONE CONVERSATION AT A TIME.**



When more help is needed

While the Gotcha4Life Mental Fitness Round is about fostering conversations, connection and support, we recognise that it may also highlight the need for mental health support for an individual.

If you feel a club or community member needs further mental health support, please encourage them to speak to a trusted friend, family member, GP or mental health professional and share the following free support services with them:

Lifeline

13 11 14

Call anytime for crisis support and suicide prevention services.

Beyond Blue

1300 224 636

Available 24/7 to talk or chat online. Connect with trained mental health professionals for advice and support.

QLife

1800 184 527

Anonymous and free LGBTIQ+ peer support and referral.

1800RESPECT

1800 737 732

Counselling, information, and referrals for sexual assault, domestic and family violence, available 24/7.

Kids Helpline

1800 551 800

A private and confidential phone and online counselling service for young people aged 5 to 25, available 24/7.

13YARN

13 92 76

An Aboriginal & Torres Strait Islanders crisis support line. Available 24/7. No shame, no judgement, safe place to yarn.



Your fundraising helps us **change lives**

Gotcha4Life develops and delivers preventative campaigns, programs and initiatives which inspire and enable Australians to take action to build their mental fitness, so no one worries alone.

Our programs equip people with the skills to build emotional muscles, strengthen social connectedness, and encourage help-seeking behaviours so they are better equipped to get through life's ups and downs.

The more funds we raise, the more people we can reach in schools, sporting clubs and communities around Australia - and the more lives we can change and potentially save.

HERE'S HOW FUNDS RAISED CAN CHANGE A LIFE:

In the last year Gotcha4Life delivered more than 2,557 programs to over 98,988 people in schools, sports clubs and communities across Australia.

\$50

Funds a person to attend a transformative, inspirational mental fitness workshop

\$250

Helps ensure that the Mental Fitness Gym remains free and accessible for all

\$500

Supports the development of vital mental fitness resources and tools for primary school students

\$1,875

Enables an entire classroom of students to experience a mental fitness workshop

\$5,500

Empowers a sports club's coaches, managers and players with practical skills and strategies to establish a mentally fit club culture



We extend our heartfelt thanks to all the clubs, teams, organisers, and supporters, who generously give their time to support Gotcha4Life, that allows us to continue to build a more mentally fit Australia and help achieve our vision to end suicide.

- Gus Worland, Gotcha4Life Founder

