

## WHAT IS TEAM MATCHING?

Team matching is a service provided to help teams and individuals connect.

## WHO USES THIS SERVICE?

- a) Individuals interested in being on a team, but don't have 7-11 people who share that same interest.
- b) Teams who are short one or more people to complete a team to equal 8-12 participants.

## HOW DO I GET MY NAME ON "THE LIST"?

Submit the following information: name, address, phone number, e-mail address, gender, age, 5K walking pace, team preference, and any other information, such as relay experience, that is helpful to finding a suitable "spot".

This information can be e-mailed to: [wvrteammatching@wondersofwalking.com](mailto:wvrteammatching@wondersofwalking.com)

## HOW DO THIS ALL WORK?

- a) When a team requests an individual, they will identify the need as to category, gender, age and pace. Team Matching reviews the list of possibilities for similar interests or "fit". It is the requesting team captain's job to contact and interview the possibility, and make the decision whether the individual is compatible for the team need.
- b) It is possible that after all team requests have been filled, there would be enough individuals interested being part of a team, to actually create one or more teams to participate in the event.

## HISTORY...

In 2005, after the team requests were filled, there were 20 individuals who wanted to participate in the Willamette Valley Relay. From that list two teams were formed. Of those 20 individuals, only two couples and two friends knew each other....the rest were perfect strangers!

In review of team preference, eight people were interested in being on a mixed-eight person team. Their pace was compatible, and on review of experience, a captain was selected, with support from Team Matching. Then there were 12 women who were interested in being on a Master Women's team. Of these 12 women, only one had ever done a relay before....and yes, she was selected as the captain! Team Matching acted as coordinator for both of these teams.

These 20 people now have new walking friends, some of which they discovered, actually live only a few miles away from home. Whether you live in Portland, Sisters, or any where in between, Team Matching is there to help you!

## **PUTTING A COMPETITIVE TEAM TOGETHER**

As captain of a competitive walking team, here are some important factors I consider, when selecting team members.

- The individual needs to have a competitive desire, and have FUN in that desire.
- Competitive team members must be TEAM players. A team without compatibility and cohesiveness are only a group of people.
- Walking pace of all TEAM players does not have to be the same. I look for individuals within a two minute range of each other, and what the individual talents each TEAM member possess, such as ability to walk flat surfaces versus up or down hills.

A team that plays together, will stay together, and enjoy each other's company in close quarters for 24 hours....