

Below are sample posts that you can use on Facebook or Twitter! These sample posts are just for extra help. You are more than welcome to create your own posts or edit the ones below to include more information, such as the sport in which you are competing.

Make sure to insert your own fundraising link where it says **INSERT LINK**

Using pictures with a post is always a good idea. You can use the Team NC Logo or use a photo of your own.

Examples of good photos to use:

- A photo of you competing or practicing
- A photo of you and your coach
- Your Team NC headshot

Sample posts:

I'm competing with #TeamSONC at the 2018 @SpecialOlympicsUSAGames in Seattle July 1-6! Will you help me reach my fundraising goal? ***INSERT LINK*** #RiseWithUs

I'm so excited to be a part of #TeamSONC for the 2018 @SpecialOlympicsUSAGames! You can #RiseWithUs by helping support my journey to Seattle. Visit: ***INSERT LINK***



SONC Social Media Handles

Twitter: @SONC_BeAFan
Instagram: @specialolympics_nc
Facebook: Special Olympics NC

Relevant Twitter Handles

2018 USA Games: @2018USAGames
Special Olympics: @SpecialOlympics
Healthy Athletes: @HealthyAthletes
Law Enforcement Torch Run: @LETRforSO

Relevant Hashtags

#TeamSONC
#RiseWithUs
#PlayUnified
#HealthyAthletes

