**Alumni Mail Call**

The THON™ 2023 Alumni Campaigns Teams is asking all PSU alumni to help us write Dancer Mail for THON Weekend 2023! Dancer mail is written for dancers to open during THON Weekend and serve as a source of encouragement and support for them. These letters are crucial for the well-being of our dancers and help them succeed at completing the 46 hours of the no-sitting, no-sleeping dance marathon.

**Guidelines:**

* Please write letters gender neutrally, as your mail could go to any of our 700 dancers!
* Share a personal THON Weekend story, reasons why you THON, etc.
* Be uplifting, supporting, and encouraging.
* Share any advice you may have for the dancer(s).
* We suggest ½ to a full page in length, but letters can be longer if you would like.

**Example Letter:**

THON™ 2023 Dancer,

Congratulations on being selected to dance in THON Weekend 2023! This weekend is going to be filled with memories that will last your entire life… **\*Insert a THON Memory Here\*** There are always amazing reasons why people THON and this passion sparks the fire that you use to power through the weekend. During my time at Penn State, I THONed for… **\*Insert the Reason You THON Here\***

**\*Insert Your Class Year and Talk About What You Do Now\*.**

**\*Talk About Your Time at Penn State\***

**\*Add Some Tips or Tricks that Helped You Through THON Weekend\***

**\*How the Dancers Inspire You\***

You should be incredibly proud of yourself and how much you have accomplished throughout the year and this weekend. Don’t forget the reason why you chose to dance and use that as fuel throughout the weekend!.....

For The Kids®,

Name | Class of \_\_\_\_