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**Menu of District Captain Activities**

**Learn:**

* Take [COS University](https://cosuniversity.com/) courses to learn about Article V and Convention of States.
	+ Go to [www.cosuniversity.com](http://www.cosuniversity.com)
	+ If you have an account at conventionofstates.com use that login/password, otherwise create one now.
	+ Start with [DC100 District Captain Leadership Training](https://cosuniversity.com/project/dc-100-manual-training/)
	+ Next, take the [COS200 Responding to Opposition](https://cosuniversity.com/project/cos-200-responding-to-opposition/) course to become familiar with answers to common misconceptions
* Attend the [Tuesday Training webinars](https://conventionofstates.com/tuesday-training) held every Tuesday at 9pm ET or view recordings of past webinars.
* Watch Mark Meckler’s BattleCry Sunday nights 8pm ET on the [COS FaceBook](https://www.facebook.com/conventionofstates) page
* Watch COS Live Tuesday evenings 6:00pm ET on the main [COS FaceBook](https://www.facebook.com/conventionofstates) page
* Download the [COS Pocket Guide](https://conventionofstates.com/campaigns/pgsupporters)
* Spend some time on [www.conventionofstates.com](http://www.conventionofstates.com) learning about COS so that you are comfortable discussing the basics of Article V.
* Sign up to attend [Constitution Alive](https://www.patriotacademy.com/coach/find-a-class) online Constitution class with Mark Meckler and RIck Green.
* Attend a local government, school board, or political party meeting to observe and learn what is going on in your area

**Action steps:**

* Download the COSAction app from the Google Play Store or the Apple App Store onto your Smart Phone then
	+ Sign in using your COS account login and password
* Log into Citizen Builder and check your Follow Up Tool for new Volunteers Weekly
* Follow Convention of States on social media and share the posts
	+ 8 minute video: [How to Share COS on social media](https://youtu.be/ssuZmmace9c)
* Ask your [state team/District Captain](https://conventionofstates.com/leaders) what activities are happening in your area, and ask what help is needed.
	+ 4 minute video: [How to Connect with your state team](https://www.youtube.com/watch?v=ZCfGJOs5U00)
* Join your [state team](https://conventionofstates.com/leaders) conference calls to learn what is happening
* Develop a short (30 second or less) ‘elevator speech’ to tell people about COS
	+ [3 minute video](https://www.youtube.com/watch?v=DKJ5fFoQ4ow)
* Tell your family/friends about COS and ask them to sign the petition
* Order [COS printed materials](https://conventionofstates.com/grassrootsprinting) to distribute
* Invite a small group to attend a meeting in your home, or to a breakfast or discussion over coffee about COS
	+ Video: [How to host a COS home meeting](https://www.youtube.com/watch?v=qPTMOVdh7_Q&feature=youtu.be)
* Set a goal to get 5 new petition signers in the next month
* Write a [letter to the editor](https://conventionofstates.com/news/how-to-write-a-fantastic-letter-to-the-editor) in a local newspaper

**Contact your legislators:**

* Call or email your state legislators to let them know you support COS
	+ Easy Lookup: [Click here](https://conventionofstates.com/take_action), scroll down to find your state flag, then enter your address to be provided with contact information for your legislators.
	+ Video: [How to call your legislators (even if you are afraid to!)](https://youtu.be/t_ofKPb8bnk)
* Send a handwritten letter to your legislator
	+ [Why You Should Hand-Write a Letter to Your State Representatives](https://conventionofstates.com/news/the-write-stuff)
* Set up a meeting with your legislators to talk about COS
* Follow your legislators on social media
	+ [2 minute video](https://youtu.be/_ZobGTYfsGA)