

PLEASE INDICATE YOUR VOLUNTEER INTERESTS BELOW

First Name _____ Last Name _____ Email _____

Home Address _____ City _____ St _____ Zip _____

Home Phone () _____ Work Phone () _____ Cell Phone () _____

VOLUNTEER OPPORTUNITIES

CATEGORY	DESCRIPTION	COMMITMENT
<input type="checkbox"/> Coach: Head Coach	<ul style="list-style-type: none"> o Undergoes classroom and hands on training and certification designed specifically for the needs of a developmentally disabled athlete. o Primary contact person for the sport. o Works with staff to select training site and time. Organizes practices. o Attends competitions with athletes. 	Participation is seasonal for each sport. The minimum commitment is 2 hours per week for 8 weeks.
<input type="checkbox"/> Coach: Assistant Coach	<ul style="list-style-type: none"> o Undergoes one-day certification within his/her sport. o Assesses each athlete to determine skill level for competition and training. o Develops 8-week training program for each athlete. o Has complete knowledge and abides by Sports Rules for Special Olympics. 	Participation is seasonal for each sport. The minimum commitment is 2 hours per week for 8 weeks.
<input type="checkbox"/> Coach: Sport Volunteer	<ul style="list-style-type: none"> o Is not required to become certified, helps out with practices; assists coach with assessing athlete skills. o Not necessarily expert in sport but comes to practice 75% of the time. 	Participation is seasonal for each sport. The minimum commitment is 2 hours per week for 8 weeks.
<input type="checkbox"/> Driver	Help areas transport athletes to competitions and/or practices	Range varies from 3-4 hours for a single event to 2-3 months for a specific sport driver.
<input type="checkbox"/> Fundraising	Plan and/or implement activities to raise financial and in-kind support. Make donation of goods, services, or vital office supplies to Special Olympics Program.	Ranges from 3-4 hours for a single event to 1 year as a committee member.
<input type="checkbox"/> Games Management	Plan and implement sports programs, and activities. Minimum commitment is 2 to 3 months for specific sports; 6 months to 1 year for overall management	Ranges from 2-3 months for specific sports; 6 months to one year overall.
<input type="checkbox"/> Global Messenger Coach	Serve as an athlete's speech coach. Coaches learn how to help the athlete prepare a speech to address various types of public groups and corporate audiences on a variety of topics related to Special Olympics.	1-3 hours a month as needed.
<input type="checkbox"/> Health Services: Healthy Athletes Program	Volunteers are needed to conduct free health screenings at events. Podiatrists, Physical Therapists, Nutritionist, Dieticians, RN, MD, Audiologists, Optometrists, Dentists.	2 to 8 hour shifts a year.
<input type="checkbox"/> Health Services: Medical Team	Volunteers with medical background (MD, RN, LVN, EMT, AFA) are needed to assist with medical support of the athletes and volunteers.	4-8 hour shifts one or more days a year.
<input type="checkbox"/> Office Support	Assist the office with general administrative work (photocopying, answering phones, filing, etc).	Commitment varies. Hours generally scheduled on wk days.
<input type="checkbox"/> Outreach	Attend community fairs, outreach programs and recruit athletes, volunteers, and coaches; conduct orientations and presentations within the community.	Commitment ranges from a few hours for 1 specific event to 3-4 months as a committee member.
<input type="checkbox"/> Professional Services	Provide pro bono services (e.g., Legal, Accounting, MIS/ Technical Support, Graphic Design, Musician).	Commitment Varies.
<input type="checkbox"/> Special Projects	Develop surveys, write articles, perform research, etc.	Commitment varies.
<input type="checkbox"/> Volunteer Management	Act as a Corporate, University, or Civic Group Liaison by organizing your respective groups to volunteer at functions.	Commitment ranges from a few hours for 1 specific event to 3-4 months as a committee member.

If you are interested in coaching, please indicate your sport preferences (check all that apply).

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| <input type="checkbox"/> Alpine Skiing | <input type="checkbox"/> Aquatics | <input type="checkbox"/> Athletics | <input type="checkbox"/> Basketball | <input type="checkbox"/> Bocce | <input type="checkbox"/> Bowling | <input type="checkbox"/> CC Skiing |
| <input type="checkbox"/> Cycling | <input type="checkbox"/> Equestrian | <input type="checkbox"/> Figure Skating | <input type="checkbox"/> Floor Hockey | <input type="checkbox"/> Golf | <input type="checkbox"/> Gymnastics | <input type="checkbox"/> MATP |
| <input type="checkbox"/> Power Lifting | <input type="checkbox"/> Roller Skating | <input type="checkbox"/> Running/ Walking | <input type="checkbox"/> Sailing | <input type="checkbox"/> Snowboarding | <input type="checkbox"/> Snowshoeing | <input type="checkbox"/> Soccer |
| <input type="checkbox"/> Softball | <input type="checkbox"/> Speed Skating | <input type="checkbox"/> Tennis | <input type="checkbox"/> Volleyball | | | |

Please mail this form to the Special Olympics Area Program where you would like to volunteer.