



City of Tempe Adapted Recreation Volunteer Opportunities

Thank you for your interest in City of Tempe Adapted Recreation! City of Tempe Adapted Recreation offers recreational programs for youth and adults with developmental disabilities. Volunteers are a huge part of ensuring we offer quality opportunities and experiences. We offer volunteer opportunities to all ages and experiences, whether you have experience working with individuals with disabilities or not. Please check out our various opportunities and feel free to visit our website at www.tempe.gov/adaptedrecreation for more information, or you can contact Josh Bell at 480.858.2469 or josh_bell@tempe.gov.

Special Olympics

We are looking for positive, responsible and outgoing individuals to work together with other Coaches and Unified Partners to instruct and mentor youth and adults with developmental disabilities in a coaching or Unified Partner capacity. Experience working with this population is certainly a positive, but also accept volunteers who may not have previously worked with individuals with disabilities but are eager for the experience and looking to make a positive impact. Not all of our sports offered require you to be an expert in the sport, but we would like you to have a fundamental understanding. Please refer to the specific sport for a better idea of the experience level requested. Special Olympics is a very rewarding experience, but it is also a commitment! If there is a sport you are interested in helping out in, please make sure that schedule works for you! We understand a 100% commitment can be tough for anyone (especially for volunteers!) and we don't necessarily expect that. What we do hope for is that our coaches and partners can participate in the majority of practices and events. We'd love to discuss our sports and opportunities with you in more detail so please feel free to reach out to us to get more information!

Special Olympics Spring Sports - February to May

Kayaking



Looking for: Coaches, Unified Partners

Responsibilities: Coaches are in kayaks on the water with Special Olympics athletes. Coaches will work in tandem to guide athletes on the water while teaching them basic and advanced paddling strokes and techniques. Unified Partners, who can also serve the role of a coach, are paired up with an athlete who may not have the fundamental skills to be in a kayak alone. A Partner will act as a mentor and coach on the water to the athlete who is in the kayak with them.

Experience needed? Coaches and Unified Partners should have some experience with kayaking (or rowing or other water-based experience).

When are practices? Tuesdays, 5 - 6:30pm

Powerlifting



Looking for: Coaches

Responsibilities: Under the guidance of a head coach, coaches work with athletes who are either completely new to powerlifting and proper lifting and training techniques, or may have some understanding of techniques. Athletes are typically divided into groups of 2-4 athletes who rotate through training regimens and stretching exercises.

Experience needed? Coaches should have experience in powerlifting and an understanding in proper training techniques

When are practices? Saturdays, 1 - 2:30pm

Track & Field



Looking for: Coaches, Unified Partners

Responsibilities: Coaches will oversee a specific track & field event, coaching and guiding athletes as they train. Some examples of events include: short distance sprinting, long distance running, TurboJav (similar to javelin throw), softball throw, shot-put, long jump, etc. Coaches may work with a small group of athletes or a larger group, recording running times, throwing distances or jumping distances for athletes.

Experience needed? Experience as a track athlete or coaching is a plus, but not required as the events are not too difficult to implement.

When are practices? Thursdays, 5:30 - 7pm

Volleyball



Looking for: Coaches, Unified Partners

Responsibilities: Coaches will oversee the implementation of drills and teaching fundamental volleyball skills, either through individual and group drills or through practice matches. Unified Partners can either be paired with an individual athlete or several athletes at a time to work on fundamental skills and drills, as well as in practice match settings. Skills levels can vary for athletes from beginner to advanced.

Experience needed? Coaches and Unified Partners should have experience with either playing or coaching volleyball.

When are practices? Saturdays, 3:30 - 5:30pm





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Special Olympics Fall Sports - August to November

Aquatics



Looking for: Coaches

Responsibilities: Coaches are in the water with Special Olympics athletes under the guidance of a head coach. The coaches are typically assigned to work with a small group of 3-5 athletes. Coaches assist the athletes with their swim and stroke technique, timing their laps and providing general direction.

Experience needed? You do not need to be a current or former Olympic swimmer to be a swim coach! Of course, we expect our coaches to be capable swimmers who can help with fundamental stroke techniques, such as freestyle, breast stroke, back stroke, etc.

When are practices? Fridays, 5 - 7pm

Bowling



Looking for: Coaches

Responsibilities: Coaches assist bowlers who are either new to the sport of bowling or could use some assistance in learning the fundamental skills to bowl, such as how to properly hold the bowl and body positioning while bowling. Coaches may also assist with carrying a bowling ball or setting up ramps for those bowlers in wheelchairs or who need the extra physical assistance.

Experience needed? Our coaches do not get overly-technical in terms of bowling technique, so if you know how to bowl! (not "Granny-style"!) that's good enough!

When are practices? Saturdays, 1 - 3pm

Golf



Looking for: Skills Coaches, Unified Partners

Responsibilities: A Golf **Skills Coach** assists Special Olympics athletes who are either new to the sport of golf or need to practice honing their fundamental golf skills before they play the course. Skills focuses on the areas of putting, chipping and driving. A **Unified Partner** is assigned to play the golf course with a Special Olympics athlete who has the fundamental skills to play the course. A Unified Partner functions as a coach to the athlete as they play together on the course, teaching proper etiquette while on the course and offering tips and advice on different aspects of the game. Athletes are practices towards competing in two competitions. Unified Partners would be asked to compete in those tournaments with the athlete they are paired with

Experience needed? Volunteers do not have to be professional golfers, but should possess the fundamental golf skills to either assist in the area of skills or play on a course. Our volunteers should be sociable and positive while offering support to the athletes as they play together.

When are practices? Tuesdays, 5 - 6:30pm

Special Olympics Winter Sports - December to March (more Winter Sports on the next page)

Cheerleading

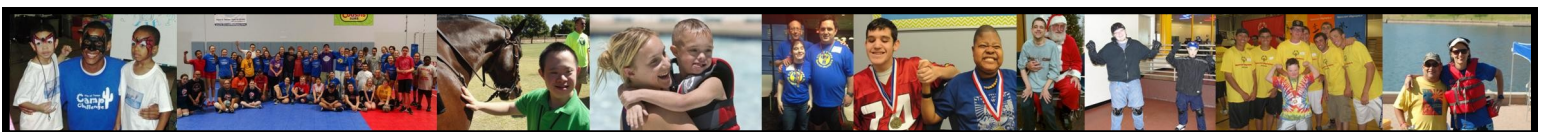


Looking for: Coaches

Responsibilities: A cheerleading coach will work with Special Olympics athletes of varying ability and experience levels to learn coordination, step-by-step techniques and utilize teamwork to master cheer routines in preparation for area and state cheer competitions. Our cheer team typically consists of 8-15 athletes and several cheer coaches.

Experience needed? You do not have to be an expert in cheerleading, but we would like you to have a fundamental understanding and a background experience in the area of cheer is a plus.

When are practices? Mondays, 5:30 - 6:45pm





City of Tempe Adapted Recreation Volunteer Opportunities

Special Olympics Winter Sports - December to March (cont'd)

Basketball



Looking for: Coaches

Responsibilities:

Skills Coach: A Skills Coach works with Special Olympics athletes on the very fundamental techniques of basketball: shooting, dribbling and passing. Athletes in Skills typically do not have the developed skills necessary to participate in an organized basketball game. For those athletes who are more advanced in the areas of shooting, dribbling and passing, coaches are expected to start simulating game-type scenarios using various drills and half-court games. Coaches will work anywhere from 1:1 to 1:4 ratios.

Traditional Coach: Traditional Special Olympics basketball is when teams are comprised entirely of Special Olympics athletes, from as young as 8 years old to Adult. Skills levels can vary dramatically, but athletes should possess a fundamental skill level that enables them to play in an organized, competitive basketball game. A team roster typically consists of 8-12 athletes, with each team typically having 2-3 coaches. Coaches work together on a weekly basis to plan and implement basketball practices that consist of various drills and scrimmages. Teams will meet weekly to practice in preparation for three events: 1) Gold League, a four week long season that takes place weekly on Wednesday evenings from January to February; 2) Area competition, which is a Saturday tournament that qualifies teams for the state tournament; 3) State Tournament, a two-day tournament that marks the end of the basketball season.

Unified Partner: Unified basketball is where Special Olympics athletes play on the same team as basketball players without an intellectual or developmental disability. Rosters typically consist of 4-5 Unified Partners and 6-8 Special Olympics athletes. Partners and athletes practice weekly in preparation for the East Valley Unified Basketball League, with games taking place on a Monday or Wednesday evening during January and February. There is also a Four Peaks Area Tournament, which is a one day tournament which then qualifies the team to participate in the two day State Tournament (a Friday & Saturday), which marks the end of the basketball season.

Experience needed? Coaches should have a background in basketball with a fundamental understanding of basketball techniques. Experience in a coaching capacity is a huge plus, but we typically have opportunities to pair potential new coaches who may not have prior coaching experience with another coach who does. Unified Partners should know how to play the game of basketball, but you do not need to be a "great" player, as in someone who has played collegiate-level basketball or similar. While Unified basketball can be competitive, we also focus on having fun and playing as a team and supporting one another regardless of overall skill level.

When are practices? Saturdays, 9 - 10am (Skills & Traditional team), 10 - 11am (Traditional teams), 11am - 12pm (Unified teams)

Buddy Bowling Unified Bowling League

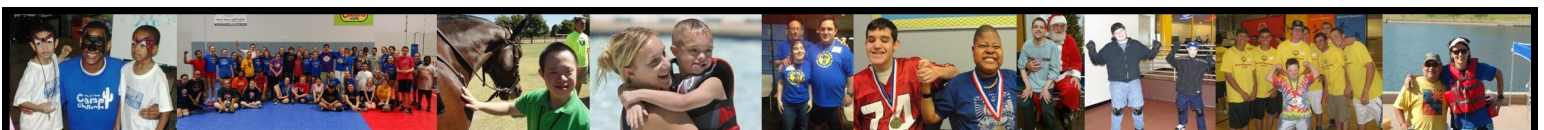


Looking for: Buddy Bowling Partners and Helpers

Responsibilities: Buddy Bowling is a unified bowling league for bowlers with and without disabilities bowling together in the same league. Some teams are comprised of bowlers with and without disabilities, other teams are comprised entirely of individuals with disabilities. At the end of each season Buddy Bowling Athletes and Partners receive trophies and prizes. A Partner is an active bowler assigned to a team and bowls on a weekly basis on that team, paying \$5.00/weekly for two games and shoes. The Partner acts as a team captain, helping the other team members with physical and verbal assistance, as needed. A Helper is someone who does not actively bowl, but rather is there to just provide physical and verbal assistance to any bowlers on a lane who may need it.

Experience needed? No prior experience needed.

When is Buddy Bowling? Saturdays, 10am start time. Each game typically takes approximately 45 minutes to one hour, so it usually ends by 12:30pm. A Buddy Bowling season typically lasts 15 - 18 weeks, taking off for various holidays. The first season is usually January - May and the second season is usually July - November





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Friday Night Social Activities



Looking for: Volunteers

Responsibilities: Friday Night Social activities are always the first and second Friday of each month. The first Friday is either Karaoke Night, Bingo Night, or Movie Night. Volunteers will help with the set-up and breakdown of each event, such as setting up chairs, tables and decorations.

For **Karaoke Nights**, volunteers will help with signing up participants for songs to sing, encouraging and helping participants, as needed, and general supervision of the event.



For **Bingo Nights**, volunteers will help with calling Bingo, checking Bingo cards when someone wins, and helping with general supervision of the event.

We typically do not recruit volunteers for **Movie Nights** because there's isn't much responsibility to offer during the event.

For **Social Dances**, volunteers will help with serving snacks and drinks to participants and general supervision of the event. During the dance a DJ plays music and the participants are dancing and socializing. The dances are typically themed, such a Valentine's Dance in February, a Luau Dance in August, Sports Fan Dance in September, etc. We encourage participants to dress up accordingly.



Experience needed? No prior experience needed.

When are Friday Night Social Activities? The first two Fridays of each month. Volunteer shifts usually start at 5:30pm and end between 8:30 - 9:30pm depending on the activity.

Camp Challenge Summer Day Camp



Looking for: Volunteers

Responsibilities: Volunteers will be assigned to a classroom of camp participants. They will be there under the supervision of City staff and are there to interact with campers and help encourage them to participate in various activities. Camp Challenge is offered to youth between the ages of 5 and 21. Activities at camp include: arts & crafts, karaoke, swimming, bowling, outdoor physical activities, music therapy and more. Volunteers are expected to be active and engaged with campers while they are there.

Experience needed? No prior experience needed. Volunteers should be high school age or older.

When is camp? Mondays - Thursdays, 8am - 2pm, during the months of June and July.

