



## Volunteer Information Page

**Your main goals as a volunteer will be two things:** Make sure the clients are having a blast by helping them and/or cheering them on.

- 1) Help staff with set up, break down, etc
- 2) Never Chit Chat with other Volunteers – focus on the clients!
- 3) **NEVER look at your cellphone – EVER!**

**Here are the Volunteer opportunities that you may apply for through RECinc.** We have listed some of the duties that you may be asked to perform for 9<sup>th</sup> graders – adults. Email us because all programs have a full job description ☺ which we will supply you with. All Volunteers **MUST** call and schedule their volunteer hours. **If you're asking for a signature you MUST present your paper to the instructor BEFORE the event starts.** The paper must be fully filled out (date, time worked etc) Only then will our coach sign the form.

### **Wiffleball with the Wildcats (1hr15min, some drop-in spots or 7 week commitment = 10- 14hrs):**

**You will be a part of the opposing team! Come PLAY! COME PLAY NOW!!**

- ▶ Bring all equipment from the office to the gym and put it away NEATLY in the office at the end
- ▶ Be in the outfield and throw the ball to a wildcat and let them throw it to the pitcher
- ▶ High five them when they reach a base or come home
- ▶ Sit in the front row *with* the clients and cheer them on
- ▶ **Socialize with our gang! Ask them about their lives!**

**3<sup>rd</sup> Friday Dance (3hrs, - sometimes a 1yr commitment = 36hrs):** Participate alongside clients in whatever they are doing.

- ▶ If you are comfortable dancing go to the front and dance by yourself or with your friends and other volunteers – the clients will join you ☺
- ▶ Play balloon Volleyball
- ▶ Help at the door
- ▶ Set-up and break down drink area NEATLY
- ▶ Set-up and clean up gym
- ▶ **Special theme nights:** ▶ Some dance we need EXTRA help (Halloween, Christmas, Beach Night, etc). Come dressed up for the theme.

**Be Healthy: (1.5hrs, 7 week commitment = 12hrs a session** ▶ You and the clients will learn and practice healthy eating and lifestyle choices. ▶ Participate in easy movement routine. ▶ Model Interest

**World Beat dance (1hr, Oct – Jan =14 classes = 16hrs )** Learn moves with clients and do them with the clients ▶ Set up class ▶ Clean up class ▶ ▶ Stay with clients while they wait for the bus 15minutes past the end of class.

**Party Night (2.5 hrs)** Clients will be doing craft projects and socializing.

- ▶ Help the instructor set-up and breakdown
- ▶ Help clients who are having troubles make their crafts
- ▶ Do whatever the instructor asks!
- ▶ **Socialize with our gang! Ask them about their lives!**

**Basketball for Winners (1.5hrs – no drop ins EVER Play the team or season commitment):** You can ONLY expect to play basketball if you have scheduled a team to play against the seals (call 453-4847 2 months in advance or ASAP) otherwise we want you to help us run the program. Some teens are asked to play ball but that is arranged by staff well in advance or when we are short of players. All volunteers must contact us to

- ▶ Bring all equipment from the office to the gym and put it away NEATLY in the office at the end.
- ▶ Help them shoot hoops during warm ups
- ▶ Keep clients focused during Team Meeting
- ▶ Read the team line-up and get the teams on and off the court at appropriate times
- ▶ Cheer them on
- ▶ Help us run our “secret plays”
- ▶ **Socialize with our gang! Ask them about their lives!**
- ▶ Refereeing & coaching are the only volunteers we guarantee will play during games (we need a 1yr commitment for this)

**Movie Night, Lions Club and Special Events:** - Contact us for more info.

Find our program dates/schedule on the Web: <http://www.recinc.org>

**Interested in doing your 50hr project with us? Email us asap – erin@recinc.org**