

# Running Warriors Volunteer Opportunities

## Coaching and Assistant Coaching Jobs

- Each age group is in need of assistant coaches. The job of the assistant coach requires a few short training clinics. Assistant coaches work with their assigned team nightly at practice and take an active role in coaching and assisting the head coach. This volunteer job is rewarding and requires a season-long commitment to practices, meets and possible post season coaching.

## Coaching Jobs

- The following coaching jobs require that you have some personal experience in the event and that you are available to practice during the week. Assistants also needed.
- High Jump Coach
- Hurdle Coach
- Long Jump Coach
- Shot Put Coach
- Distance Helpers

## Jobs Available During Practice

- Age-Group Parent Helpers: Help age group coach with roll call, phone calls, bathroom breaks, uniform distribution, and coaching.  
We need about 8 per an age group, per a practice.
- Jelly Beans/Jolly Rancher Parents: These parents will hand out jelly beans/jolly ranchers at the end of each practice.  
2 parents a night

## Jobs For Special Events

- Lap-a-Thon: This is our only fundraiser. We will need adults to help as lap counters, distribute water and work this event.

## Meet Day Jobs

In most cases the training is not extensive. These jobs are rewarding and put you right in the middle of all the action.

All jobs shifts run 8:00am-10:00am, 10:00am-12:00pm,  
12:00pm-2:00pm, 2:00pm-finish-Unless otherwise noted

- Timing Helpers- Home meets. Assist with data entry of athletes' times into the computer as they finish their races.  
3-4 helpers per 2 hour shifts beginning at 8:00am
- Finish Line- Home meets : count laps, turn in heat sheets, help organize athletes
- Starter- Home meets: Starts all races
- Announcer- Home meets: Parent announces races, calls athletes to staging and makes special announcements.  
1 person per 4 hour shift
- Staging Managers and Assistants: These parents will organize the athletes for their races  
1 staging manager and 2 assistants for 4 hour shifts
- High Jump Manager: Parent will guide, instruct and supervise parents who are new to working the high jump job. Organize children & get marks  
1 manager and 2 parent helpers per 2 hour shifts
- Long Jump Pit Manager : Parent will guide, instruct and supervise parents who are new to working in the long jump pit. Organize children & get marks  
1 manager and 2 parent helpers per 2 hour shifts

- **Shot Put Manager:** Parent will guide, instruct and supervise parents who are new to working at shot put. Organize children & get marks  
1 manager and 1 parent helper per 2 hour shifts
- **Set-up/ Clean-up- Home meets:** Assist with setting up and taking down tables, equipment, cantina, and shade canopies.  
4-5 parents available at 6:30am to set up,  
2-4 parents at end of meet to clean up
- **Field Helpers :** Consist of helping out in the following jobs for a 2 hour shift  
**Water Parent-Home meets:** Parents will fill water buckets for the athletes, check cups and deliver water to people working the field events.  
**Hurdle Crew:** Parents set up and clean up hurdles.  
**Tag Pullers :** Pull tags at the finish line from the athletes as they complete there races  
**Result Poster :** Post results from each race on the board  
**Finish Line Helper :** Assist at the finish line  
**Relay Zone judges :** Parents watch and judge relay races.  
8 Parents to do all age group relay races
- **Cantina (food concessions):** Home meets. Parents need to help set up and sell food, drinks, snowcones and pretzels  
5 parents per a 2 hour shift, beginning at 8:00am
- **Barbeque Parents- Home meets:** These parents will share the delicious duty of barbequing for the cantina.  
2 parents per a two hour shift, beginning at 9:30am
- **Track Security:** Home meets. Monitor the entry gates to the track.  
1 parent to monitor gate, two hour shifts, starting at 8:30am
- **Team Photographer:** Take pictures and work with webmaster to post pictures.