

# 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.

- ★ Hurdle Coach
- ★ High 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.( 8 parents per an age group, per a practice.)
- ★ Restroom Monitor: This parent will stay by the restrooms and make sure athletes are safe and not playing in the restrooms.( 2 parents per a practice.)
- ★ Stand Supervisor: This parent will stay in the stands and monitor athletes who are sent to the stands to refocus.( 2 parents per a practice)
- ★ Ribbon Helpers: These parents will help the ribbon coordinator with the ribbons during practice in the stands. This job involves stickers and organizing.(4 parents available one or two practices a week whenever the ribbon group meets.)
- ★ Jelly Beans/Jolly Rancher Parents: These parents will hand out jelly beans/jolly ranchers at the end of each practice.( 3 parents per a night.)
- ★ Equipment Organizer: Parents will organize equipment room and trailer once a week.( 2 parents once a week)
- ★ Time Trial Parents: Parents will hand time athletes when time trials are conducted. ( 15 parents when we do time trials.)
- ★ Equipment Repair Parent: Parents will meet John one hour before practice to help change out hurdle boards, repair hurdles, replace starting blocks, etc.( 2 parents to meet with John once a week.)
- ★ Clean Up Supervisor: These parents will be on the field at the end of practice to remind athletes to clean up their trash and not to forget any

personal belongings. Parents will also collect "lost and Found" items.( 2 parents per a practice.)

- ★ Merchandise Manager Assistants: Help Merchandise Manager with order taking and distribution.( 2 parents when needed at practice.)

### Jobs For Special Events

These jobs need to be done throughout the season. Although the events are set at a specific time, the planning for the events is flexible and can be determined by the volunteer.

- ★ Lap-a-Thon: This is our only fundraiser. We will need adults to help coordinate and work this event.
- ★ Team Picnic Helpers: Transport awards/trophies to the picnic.
- ★ Coaches/Administrators Dinner: Find location and help make arrangements for end of season thank you dinner.

### Special Job for Practices and Meets

- ★ Volunteer Coordinator Assistant: Help coordinator at practice and at meets. Assist with parent sign ups, passing out/collecting forms, and will take the coordinator's place if she is unavailable. Basically help with whatever the volunteer coordinators needs.

### MEET DAY Jobs (Saturdays)

Specialized Jobs That Require Training or Previous Experience  
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. (2 helpers per 2 hour shifts beginning at 8:00am)
- ★ Back Up Timer: Home meets. Operate manual timing unit in case of electronic failure.(2 helpers per 2 hour shifts beginning at 8:00am)
- ★ Starter: Starts all races.(2 helpers per 2 hour shifts beginning at 8:00am)
- ★ Staging Managers: These parents will organize the athletes for their races and direct parent staging helpers.(1or 2 staging managers to run staging for the whole meet, starting at 7:30am.)
- ★ Announcer: Parent announces races, calls athletes to staging and makes special announcements.(one person per a 2 hour shift)
- ★ Relay Zone Judges: Parents watch and judge relay races.( 8 Parents to do all relay races for the meet.)
- ★ Meet Equipment Parent: Parents help with starting blocks, hurdles and sprints.( 4 parents for starting blocks during sprints, 2 parents available during hurdles.)
- ★ Team First Aid Parent: This parent needs to be available during the meets to assist with minor first aid needs and injury evaluation. Medical training/experience preferred.(1 or 2 parents available the whole meet.)

- ★ Long Jump Pit Manager: Parent will guide, instruct and supervise parents who are new to working in the long jump pit.(1 or 2 parents available the whole meet at the pit, 7:45)
- ★ Shot Put Manager: Parent will guide, instruct and supervise parents who are new to working at shot put.(1 or 2 parents available the whole meet at the pit, 7:45)
- ★ High Jump Manager: Parent will guide, instruct and supervise parents who are new to working the high job.(1 or 2 parents available the whole meet at the pit. 7:45)

### Meet Day Jobs(Saturdays)

#### Jobs That Require Little Or No Experience/ Training

Anyone can do these jobs. There will be board members or experienced helpers available to help you when you begin these jobs.

- ★ Assistant Starter: Home meets. Assist started during races.( 2 parents per a2 hour shifts starting at 8:00am)
- ★ Tag Pullers: Parents meet athletes at the end of their races and take off their race tag.(2 parents available during distance races, 2 parents available during relays, 8 parents available for all other events.)
- ★
- ★ Timing tent Assistants: Assist with the various needs of the timing tent.(2 parents per a shift, 2 hour shifts beginning at 8:00am.)
- ★ Tag Table: Parents need to check in athletes and distribute their tags beginning at 7:30am on meet days.( 4 parents from 7:30-8:30only)

- ★ Cantina (food concessions): Home meets. Parents need to help set up and sell food, drinks, snowcones.(3 parents per a 2 hour shift, beginning at 8:00am)
- ★ Barbeque Parents: These parents will share the delicious duty of barbecuing for the cantina.(2 parents per a two hour shift, beginning at 10:30am)
- ★ Set-up/ Clean-up: Assist with setting up and taking down tables, equipment, cantina, and shade canopies.(5 parents available at 7:00am to set up, 5 parents at end of meet to clean up.)
- ★ Result Poster: Parents will take results from the timing tent and post them.( One parent available for two hour shifts beginning at 9:00am)
- ★ Water Parent: Parents will fill water buckets, check cups and deliver water to people working the field events.( 2 parents per a 2 hour shift starting at 8:00am)
- ★ Track Security: Home meets. Monitor the entry gates to the track.( 1 parent to monitor gate, two hour shifts, starting at 8:00am)
- ★ Stager(Helpers to the Staging Manager): All home meets and some away meets. Get all athletes in time and heat order to run their races.( 5 parents per a 2 hour shift beginning at 8:00am)
- ★ Field Events: We need lots of parents throughout the day to help at high jump, shot put, and long jump. Parents monitor and record event statistics.( 4 parents at each event, 2 hour shifts, beginning at 7:45am)
- ★ Hurdle Crew: Parents set up and clean up hurdles.( 8 parents available for all hurdle races.)
- ★ Team Photographer: Take pictures and work with webmaster to post pictures.(1 photographer per a meet.)

- ★ Announcer Assistant: Assist the announcer in the booth.( One assistant per 2 hour shift starting at 8:00am)
  
- ★ Volunteer Coordinator Assistant: Help coordinator at practice and at meets. Assist with parent sign ups, passing out/collecting forms, training, take the coordinator's place if she is unavailable, etc. Basically help with whatever the volunteer coordinators needs.( 1 or 2 parents per a meet.)
  
- ★ Merchandise Manager Assistants: Help Merchandise Manager with order taking and distribution. ( 1 or 2 parents available for the whole meet to sell spikes, etc.)