



## Summer Volunteer Program 2009

Thank you for your interest in volunteering with Disabled Sports USA Far West's summer outdoor recreation programs. We offer our participants with disabilities opportunities in the following sports:

- Water Skiing
- Cycling
- Golf
- 4WD Adventures\*
- Whitewater Rafting
- Tahoe Sports Camp
- Donner Lake Camp Out

Most of Disabled Sports' summer programs are single day events and many are repeated throughout the season. We need volunteers for water skiing, cycling, golfing, Tahoe Sports Camps, Donner Lake Campout and on a limited basis, whitewater rafting. We encourage you to help in one or more program areas, depending upon your interests, availability and activity experience.

### **Water Ski Lessons**

We will continue our highly successful program in the Sacramento Valley at two private tournament water ski lakes. As a volunteer, you will assist disabled students with equipment set-up and water starts. Your day lasts six to eight hours, and you will be in and out of the water all day.

### **Cycling**

Participants and their friends/family members will pedal hand cycles, tandem cycles, recumbent foot peddled cycles, and traditional two-wheelers on introductory through advanced riding experiences. As a volunteer, you will assist with equipment fitting and repair, be a cycling buddy for the participants, and help organize and potentially lead small pods of cyclists on day trips along bike paths in the Sacramento, North Tahoe, Reno and San Francisco areas.

### **Golf**

Lesson series are held at Golf Courses in Sacramento, Stockton, Oakland, Concord and Reno. Professional golfers provide instruction to participants with disabilities. As a volunteer you will accompany participants through the lesson process assisting wherever needed.

### **Tahoe Sports Camp**

Participants enjoy ½ day to multi day activity options during their stay in Tahoe. Activities include sailing, kayaking, golf, scuba diving, and cycling. Volunteers help transport activity equipment, lead activities, prep and clean up meals, and offer assistance to participants during activities.

### **Whitewater Rafting**

Professional guides take participants and their friends/family through Class II/III rapids on the American River and serve a delicious lunch. Volunteers assist the guides in providing a safe trip down river, lunch set up/clean up and trip rigging/de rigging.

### **Donner Lake Camp Out**

Participants and their friends/family enjoy ½ days-two full days of water based activities including sailing, jet skiing, kayaking, tubing and swimming on beautiful Donner Lake. Volunteers assist Disabled Sports staff with participant transfers in and out of watercraft, set up/clean up our reserved beach on the shores of Donner Lake for land/water activities, and assist with meal and campsite set up/clean up at Donner Memorial State Park Campground.

\*4WD Adventures do not require additional volunteers to operate this program.

# Volunteer Criteria and Expectations

## ***Water Ski Volunteers are expected to:***

Attend the **water ski volunteer training (mandatory for new volunteers, optional for returning)**. Volunteer at least 3 days throughout the summer, be a strong swimmer, and be able to transfer a participant weighing at least 100 lbs. No prior water skiing experience is necessary. Volunteers will begin by helping participants from dry dock and with more experience will have opportunities to help student and staff in and on the water. Volunteers must provide their own transportation to and from the program sites.

## ***Cycling Volunteers are expected to:***

Attend the **cycling volunteer training (mandatory for new volunteers, optional for returning)**. Volunteer at least 3 days throughout the summer, have access to your own bicycle and helmet, be confident in your cycling abilities, be comfortable riding in populated places and be able to transfer a participant weighing at least 100 lbs. Cycle repair experience is helpful but not mandatory. Volunteers must provide their own transportation to and from the program sites.

## ***Golf Volunteers are expected to:***

Volunteer at least 4 days, help set up before lessons and break down after lessons, be able to transfer a participant weighing at least 100 pounds. Volunteers assist with lesson safety, equipment, adaptive carts, instructional drills and emotional support. Golf experience is helpful but not mandatory. Volunteers must provide their own transportation to and from the program sites.

## ***Tahoe Sports Camp Volunteers are expected to:***

Arrive at the program site on time. Dedicate the entire day to volunteering, help to the best of your abilities in each activity, share your enthusiasm, be able to transfer a participant weighing at least 100 lbs, assist staff in activity and meal preparation and clean up and have fun! Prior experience with sailing, kayaking, cycling, scuba diving, golf is helpful but not mandatory. Volunteers must provide their own transportation to and from the program site. Overnight stay is not required.

## ***Donner Lake Campout Volunteers are expected to:***

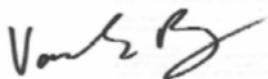
Arrive at the program site on time. Dedicate the entire day to volunteering, help to the best of your abilities in each activity, share your enthusiasm, be able to transfer a participant weighing at least 100 lbs, assist staff in activity and meal preparation and clean up and have fun! Prior experience with sailing, kayaking, jet skiing, and power boat operation is helpful but not mandatory. Volunteers must provide their own transportation to and from the program site. Overnight stay is optional.

## ***Whitewater Rafting Volunteers are expected to:***

Be available on an on-call basis. Volunteers must have Class III+ rafting experience in paddle boats and/or oar rigs and be a strong swimmer. Volunteers help with shuttles, lunch set up/clean up, rigging/de-rigging trips, assist participants and their friends/family members providing a safe and fun river experience. Volunteers must provide their own transportation to and from the program site.

Please contact Vanessa at # (530)-581-4161 ext. 203 if you have questions. Thank you again for your interest in volunteering with Disabled Sports. We look forward to receiving your Volunteer Application Packet.

Best,



Vanessa Belz | Program Coordinator | 530.581.4161 x203 | [vanessa@disabledsports.net](mailto:vanessa@disabledsports.net) | [disabledsports.net](http://disabledsports.net)

**DISABLED SPORTS USA Far West**  
Summer Volunteer Application 2009  
(one application per person, please)

Name \_\_\_\_\_ Home phone \_\_\_\_\_

Mailing Address \_\_\_\_\_ Work Phone \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Cell/Pager/Other \_\_\_\_\_

Days you are available \_\_\_\_\_ Email \_\_\_\_\_

Occupation \_\_\_\_\_ Employer \_\_\_\_\_

Height\* \_\_\_\_\_ Weight\* \_\_\_\_\_ Date of Birth\* \_\_\_\_\_ M/F\* \_\_\_\_\_

*If you feel that you may have physical limitations which could affect your ability to perform the duties of a Disabled Sports volunteer, please describe them on a separate sheet of paper.*

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Please detail any experience and/or education you have had with people with disabilities:

Please check appropriate box(es) if you have experience with the following:

- |   |   |  |   |
|---|---|--|---|
| <input type="checkbox"/> Water skiing     | <input type="checkbox"/> White Water Rafting    | <input type="checkbox"/> Camping           | <input type="checkbox"/> Off Hwy/4WD    |
| <input type="checkbox"/> Kayaking         | <input type="checkbox"/> Sailing                | <input type="checkbox"/> Sports Instructor | <input type="checkbox"/> Camp Counselor |
| <input type="checkbox"/> Food preparation | <input type="checkbox"/> Golfing                | <input type="checkbox"/> Office Support    | <input type="checkbox"/> Fundraising    |
| <input type="checkbox"/> Photography      | <input type="checkbox"/> Adaptive Sports Equip. | <input type="checkbox"/> Equip. Repair     | <input type="checkbox"/> Graphic Design |
| <input type="checkbox"/> Marketing        | <input type="checkbox"/> Other: _____           |  |   |

Please explain your experience in the areas you checked (use additional pages if necessary):

List any other training, education or certification which you think may be helpful in your role as a Disabled Sports volunteer (e.g., volunteering, First Aid, CPR, raft guide training, water ski instructor certificates, etc.).

What are your goals for volunteering with Disabled Sports?

Have you ever been convicted of a felony? \_\_\_\_\_ If yes, describe circumstances on additional page.

How did you hear about Disabled Sports?

\* denotes optional items



## Volunteer Scheduling Form

*Please complete and return with your application to Disabled Sports*

**Disabled Sports USA Far West – Summer Program Dates 2009**

Water Ski Lessons: 8:30am-4:00pm	Event/Location	Are You Available?		
		Yes	No	Maybe
<i>Mandatory Training: Wednesday, June 3rd</i>	Stillwater Ranch (N of Sacramento, CA)			
Wednesday June 3rd	Stillwater Ranch			
Friday, June 12th	Pleasant Oak (N of Sacramento, CA)			
Saturday, June 13th	Pleasant Oak			
Wednesday, June 17th	Their Spirit Inspires, Stillwater Ranch			
Thursday, June 18th	Their Spirit Inspires, Stillwater Ranch			
Monday, June 22nd	Ability First Camp, Chico, CA			
Tuesday, June 23rd	Ability First Camp, Chico, CA			
Wednesday, June 24th	Ability First Camp, Chico, CA			
Thursday, June 25th	Ability First Camp, Chico, CA			
Wednesday, July 1st	Stillwater Ranch			
Tuesday, July 7th	WAVE Camp, Stillwater Ranch			
Wednesday, July 8th	WAVE Camp, Stillwater Ranch			
Thursday, July 9th	WAVE Camp, Stillwater Ranch			
Friday, July 10th	Pleasant Oak			
Saturday, July 11th	Pleasant Oak			
Monday, July 13th	WAVE Camp, Stillwater Ranch			
Tuesday, July 14th	WAVE Camp, Stillwater Ranch			
Wednesday, July 15th	WAVE Camp, Stillwater Ranch			
Wednesday, August 5th	Stillwater Ranch			
Wednesday, August 19th	Stillwater Ranch			
Wednesday, September 2nd	Stillwater Ranch			
Cycling: 8:30am-4:00pm	Event/Location	Are You Available?		
		Yes	No	Maybe
<i>Mandatory Training: Saturday, May 23rd</i>	Disabled Sports Program Center			
Saturday, May 16th	Sunshine Kids Club, Chico, CA			
Saturday, May 30th	Nor Cal/NV Cycle Series, Sacramento, CA			
Saturday, June 6th	Reno Multi-Sport, Reno, NV			
Thursday, June 17-18th	Their Spirit Inspires, Stillwater Ranch, CA			
Monday, June 22nd	Ability First Camp, Chico, CA			
Tuesday, June 23rd	Ability First Camp, Chico, CA			
Saturday, June 27th	Wellman Adventure Day, Sparks, NV			
Tuesday, July 7th	WAVE Camp, Stillwater Ranch, CA			
Wednesday, July 8th	WAVE Camp, Stillwater Ranch, CA			
Monday, July 13th	WAVE Camp, Stillwater Ranch, CA			
Tuesday, July 14th	WAVE Camp, Stillwater Ranch, CA			
Sunday, July 19th	Mountain Biking, Northstar-at-Tahoe, CA			
Saturday, July 25th	Nor Cal/NV Cycle Series, North Tahoe, CA			
Saturday, August 22nd	Nor Cal/NV Cycle Series, San Francisco, CA			
Sunday, August 30th	Tahoe Sports Camp, North Lk. Tahoe, CA			
Saturday, September, 19th	Nor Cal/NV Cycle Series, Reno, NV			
Flat Water Kayaking: 9:00am-4:00pm	Event/Location	Are You Available?		
		Yes	No	Maybe
<i>Volunteer Orientation Day of Event</i>				
Tuesday, June 30th	Camp Lots of Fun, South Lake Tahoe, CA			

## Volunteer Scheduling Form

*Please complete and return with your application to Disabled Sports*

**Disabled Sports USA Far West – Summer Program Dates 2009**

<b>Donner Lake Campout*: 8:30am-4:30pm</b>	<b>Location</b>	<b>Are You Available?</b>		
<i>Volunteer Orientation Day of Event</i>	<i>*overnight stay is OPTIONAL for volunteers</i>	<b>Yes</b>	<b>No</b>	<b>Maybe</b>
Saturday, August 8th	Donner Lake, CA			
Sunday, August 9th	Donner Lake, CA			
<b>Tahoe Sports Camp 8:30am-4:30pm</b>	<b>Location</b>	<b>Are You Available?</b>		
<i>Volunteer Orientation Day of Event</i>		<b>Yes</b>	<b>No</b>	<b>Maybe</b>
Friday, August 28th	North Lake Tahoe, CA			
Saturday, August 29th	North Lake Tahoe, CA			
Sunday, August 30th	North Lake Tahoe, CA			
<b>Whitewater Rafting 8:30am-4:00pm</b>	<b>Event/Location</b>	<b>Are You Available?</b>		
<i>Must have minimum of Class III Rafting Experience &amp; Volunteer Coordinator Approval</i>		<b>Yes</b>	<b>No</b>	<b>Maybe</b>
Saturday, June 20th	South Fork American, Coloma, CA			
Saturday, July 18th	South Fork American, Coloma, CA			
Sunday, July 19th	South Fork American, Coloma, CA			
Saturday, July 25th	South Fork American, Coloma, CA			
Saturday, August 1st	South Fork American, Coloma, CA			
Sunday, August 2nd	South Fork American, Coloma, CA			
Saturday, August 22nd	South Fork American, Coloma, CA			
Sunday, August 23rd	South Fork American, Coloma, CA			
<b>Golf Programs</b>				
<i>Volunteer Orientation Dates/Locations Vary</i>		<b>Are You Available?</b>		
<b>Golf: 4:00pm-5:30pm (Every Thursday)*</b>	<b>Location</b>	<b>Yes</b>	<b>No</b>	<b>Maybe</b>
4/23-5/28; 6/11-7/16; 7/30-9/03; 9/10-11/15	Diablo Creek Golf Course, Concord, CA			
<b>Golf: 4:00pm-6:00pm (Every Wednesday)*</b>	<b>Location</b>			
4/22-5/27; 6/10-7/15; 7/29-9/2; 9/9-10/7	Metropolitan Golf Links, Oakland, CA			
<b>Golf: 11am-12:30pm or 1:00pm-2:30pm (Every Thursday or Saturday)*</b>	<b>Location</b>			
5/7-6/11; 7/11-8/15; 9/10-10/15	Rosewood Lakes Golf Course, Reno, NV			
<b>Golf: 2:00pm-3:30pm (Every Saturday)*</b>	<b>Location</b>			
3/28-5/9; 5/16-6/27; 7/11-8/15; 8/22-10/3	Haggin Oaks Golf Complex, Sacramento, CA			
<b>Golf: 11:00am-12:30pm or 1:00pm-2:30pm (Every Tuesday)*</b>	<b>Location</b>			
4/14-5/19; 5/26-6/30; 7/14-8/18; 9/1-10/6	Spanos Park & Lyons Golf Course, Stockton, CA			
<b>*Golf Program times, dates and locations are subject to change</b>				



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*Your Copy*

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**Your Copy**

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<b>*Golf Program times, dates and locations are subject to change</b>	



[www.disabledsports.net](http://www.disabledsports.net)

**Completed Summer Applications Include:**

Volunteer Scheduling Form  
Disabled Sports Summer Volunteer Application  
2009 Volunteer Release Form

**Please Submit Completed Application to:**

Vanessa Belz, Program Coordinator  
Disabled Sports USA Far West  
P.O. Box 9780 Truckee, CA 96162

**OR**

Fax your application to (530) 581-3127

**OR**

E-mail to [vanessa@disabledsports.net](mailto:vanessa@disabledsports.net)

**Thank you!**

