



## Disabled Sports USA Far West 2009-2010

Dear Prospective Volunteer,

Thank you for your interest in volunteering with the Adaptive Snowsports program of Disabled Sports USA Far West. For over forty years, Disabled Sports has been a national leader in the inclusive outdoor recreation industry, and our dedicated corps of volunteers plays a crucial role in supporting our programs for people with physical and cognitive disabilities.

### Executive Offices

6060 Sunrise Vista Drive  
Suite 2540  
Citrus Heights, CA 95610  
(916) 722-6447  
(916) 722-2627 Fax  
[www.disabledsports.net](http://www.disabledsports.net)

### Program Services Center

P.O. Box 9780  
Truckee, CA 96162  
(530) 581-4161  
(530) 581-3127 Fax

### Programs Offered

Adaptive Snowsports  
Water Skiing  
Golf  
Whitewater Rafting  
Cycling  
4WD Backcountry Adventures  
Kayaking  
Donner Lake Campouts

### Honorary & Advisory Board

Charlie Ansbach  
Bruce Jenner  
Jack LaLanne  
Sugar Ray Leonard  
Billy Mills  
Judi Sheppard Missett  
Jim Streng  
Peter Vidmar  
Mark Wellman

Each winter, Disabled Sports teaches over 1500 private ski and snowboard lessons. Many of these lessons are taught with the additional assistance of a trained Lesson Assistant volunteer who works with the certified adaptive instructor to create a safe, fun learning atmosphere for the student. Lesson Assistants assist with lesson safety, equipment, chairlift loads, instructional drills, and emotional support.

As a Lesson Assistant, you must be able to ski comfortably on challenging intermediate terrain. You may be asked to ski backwards on gentle terrain during the lesson. Certain lessons require both you and the instructor together to repeatedly lift a student who may weigh up to your body weight.

It is not necessary for you to have experience teaching people with disabilities how to ski or snowboard, our Volunteer Orientation and ongoing trainings create safe and effective Lesson Assistants. We offer free "adaptive snowsports instruction" and "improve your skiing" clinics throughout the year as well as a comprehensive *Instructor Training Track*. As our Lesson Assistants become more familiar with various disabilities and teaching techniques, instructors rely upon them for greater participation in the lesson. We encourage a select number Lesson Assistants to consider making a greater investment of time with Disabled Sports by taking on a snowsports instructor role as Lesson Assistants become increasingly familiar with our program.

The minimum commitment we ask of you for the winter season (December-April) is two days for the mandatory Volunteer Orientation and four days total of volunteering. A typical day runs from 8:30 a.m. to 4:30 p.m. Lesson Assistants are provided with a lift ticket on scheduled volunteer days.

If the Lesson Assistant experience does not appeal to you, we offer many other volunteer opportunities. Volunteers assist with equipment maintenance, administrative support, and special events. Volunteers also staff the Gention Café, located next to our Program Center. All of the profits from this café go directly to our year-round sports programs for people with disabilities. In most cases, Program Support Volunteer positions do not require extensive training or previous experience. All Disabled Sports volunteers must be 18 years or older to participate.

We receive more applications than we have spaces for volunteers; keep the selectivity of this process in mind when completing your application. Interviews will be conducted starting in October, and candidates who best match our needs will be notified of their selection by late November. This year our **mandatory** Volunteer Orientation for Lesson Assistants will be held **December 4<sup>th</sup> or 5<sup>th</sup>, 2009** at Alpine Meadows Resort, with one additional day of training scheduled during a range of dates in December.

Please contact our Snowsports Program Coordinator at (530) 581-4161 or [info@disabledsports.net](mailto:info@disabledsports.net) if you have any questions about the volunteer experience or the application process. Thank you again for your interest in becoming a volunteer with our Adaptive Snowsports program. We look forward to receiving your completed application.

Best,

Disabled Sports Program Staff



# DISABLED SPORTS USA FAR WEST VOLUNTEER APPLICATION AND RELEASE

Name _____	Home Phone _____
Mailing Address _____	Pager/Cell/Other _____
City, State, Zip _____	Work Phone _____
Occupation _____	Employer _____
Emergency Contact _____	Emergency Contact Phone _____
Days you are available _____	Email _____

**Primary area(s) of interest:** Please indicate your level of interest for each program in which you wish to volunteer by writing 1 -5 in the corresponding box. 1 indicates highest interest; 5 indicates no interest.

- |  |   |   |   |
|--|---|---|---|
| <input type="checkbox"/> Alpine Skiing/Snowboard Lessons | <input type="checkbox"/> Equipment Repair | <input type="checkbox"/> Off-highway 4WD              | <input type="checkbox"/> Water Skiing       |
| <input type="checkbox"/> Administrative Tasks            | <input type="checkbox"/> Fundraising      | <input type="checkbox"/> Special Events               | <input type="checkbox"/> Whitewater Rafting |
| <input type="checkbox"/> Cycling                         | <input type="checkbox"/> Gentian Cafe     | <input type="checkbox"/> Special Event Committee Head |   |
| <input type="checkbox"/> Donner Lake Campout             | <input type="checkbox"/> Golf             | <input type="checkbox"/> Other: _____                 |   |

**Alpine Skiing/Snowboard Volunteers, please complete this section:**

Years Skiing \_\_\_\_\_ Years Snowboarding \_\_\_\_\_ Ability (circle): beginner | intermediate | advanced  
 Height\* \_\_\_\_\_ Weight\* \_\_\_\_\_ DOB\* \_\_\_\_\_ Gender\* \_\_\_\_\_ \*Denotes optional item

Volunteers who demonstrate a high level of competence in one or more of our program activities are sometimes asked to take on a higher level of responsibility and time commitment. If asked by Program Staff, what is your level of interest in participating in our *Instructor Training Track* for winter and summer programs?  Strong  Mild  Not Interested  Would like more information

Please briefly describe why you want to volunteer for Disabled Sports and what you hope to gain. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Please describe your experience teaching people with disabilities and/or other volunteer or teaching experience. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Disabled Sports relies heavily on the dedication of volunteers to support special events, community outreach, and administration. Please list any skills and talents that you would be willing to share (IT, Graphic Communications, Fundraising leads, Community outreach, Creative writing Carpentry, etc.) \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Having read the enclosed letter that describes some of the physical tasks of volunteering, do you foresee any problems performing these tasks? **YES | NO** If yes, please describe any physical limitations or concerns that you may have. (Limitations will not in and of themselves disqualify you from volunteering.) \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Have you ever been charged with a felony? **YES | NO** If yes, describe nature and circumstances on additional page.

Volunteers of Disabled Sports USA Far West may be required to be fingerprinted, and a request for state summary criminal history information may be made to the state Attorney General's office for each volunteer.

**How did you find out about Disabled Sports? (circle)** Word of Mouth Website Flyer email Friend Other:

*I certify the above information is true to the best of my knowledge.*

\_\_\_\_\_  
 APPLICANT'S PRINTED NAME

\_\_\_\_\_  
 SIGNATURE

\_\_\_\_\_  
 DATE

