



Winter 2008-2009

Dear Prospective Volunteer,

Thank you for your interest in volunteering with the Adaptive Snowsports program of Disabled Sports USA Far West. For 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.

Each winter, Disabled Sports teaches over 1,200 private ski and snowboard lessons. Many of these lessons are taught with the additional assistance of a trained volunteer who works with the certified adaptive instructor to create a safe, fun learning atmosphere for the student. Volunteers assist with lesson safety, equipment, chairlift loads, instructional drills, and emotional support.

As an Lesson Assistant volunteer, 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 volunteers. We offer free "improve your teaching" and "improve your skiing" clinics throughout the year. As our lesson assistants become more familiar with various disabilities and teaching techniques, instructors rely upon them for greater participation in the lesson.

The minimum commitment we ask of you for the winter season (December-April) is one day for the mandatory Volunteer Orientation, an additional day for on-hill training and four days total of volunteering. A typical day runs from 9 a.m. to 4:30 p.m., and on-hill volunteers are provided with a lift ticket on the days they are scheduled. The minimum age required for all volunteers is 18.

If the on-hill volunteer 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 Gentian 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.

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 will be held **December 5th and 6th 2008** at Alpine Meadows Resort. Volunteers need to attend one of these training dates. **One additional day of on-hill training** will be held during a range of dates throughout December that volunteers will choose from.

Please contact me at (530) 581-4161 x203 or vanessa@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. I look forward to receiving your completed application.

Best,

Vanessa Belz, Program Coordinator

Executive Offices

6060 Sunrise Vista Drive
Suite 2540
Citrus Heights, CA 95610
(916) 722-6447
(916) 722-2627 Fax
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



DISABLED SPORTS USA, FAR WEST
ADAPTIVE SNOWSPORTS
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 _____

Years Skiing _____ Skiing Ability (beg/int/adv) _____ Height* _____ Weight* _____ DOB* _____ Gender* _____

*Denotes optional item

Primary area of interest (circle): **On-hill volunteer** **Equipment Room** **Gentian Café** **Special Events** **Other**

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 on the dedication of volunteers to support special events, community outreach, and administration. Please list other skills and talents that you would be willing to share (computers, equipment, special events, outreach, creative writing, fundraising, 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.) _____

Are you interested in volunteering for our summer programs?

- | | | | |
|---------------------------------------|---|---|--|
| <input type="checkbox"/> Water Skiing | <input type="checkbox"/> Whitewater Rafting | <input type="checkbox"/> Camping | <input type="checkbox"/> Off-highway 4WD |
| <input type="checkbox"/> Cycling | <input type="checkbox"/> Food Preparation | <input type="checkbox"/> Office Support | <input type="checkbox"/> Sailing |
| <input type="checkbox"/> Other: _____ | | <input type="checkbox"/> Equip. Repair | <input type="checkbox"/> Golf |

Have you ever been charged with a felony? **YES / NO** If yes, describe nature and circumstances on additional page.
How did you find out about Disabled Sports? _____

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

APPLICANT'S PRINTED NAME

SIGNATURE

DATE

