



## I'm interested in volunteering!

Youth sports provide an opportunity to learn about a sport, healthy competition, life lessons and having fun but it can't happen unless you play your part by volunteering.

### Head Coach

Impact the lives of young athletes by volunteering as a head coach! We will be there to support you along the way with all the resources you will need to lead your team.

**TIME COMMITMENT: 3 hours a week**

*(60-90 minute practice; 1 hour game;  
30 minutes - 1 hour prep time)*

### Assistant Coach

Make a difference by helping the head coach lead the team.

**TIME COMMITMENT: 2 hours a week**

*(1 hour practice; 1 hour game)*

### Leadership and Pre-Season Roles

### Advertising

Help us reach more young athletes and the families by making our league known to those within our community. We will provide all the resources you will need.

### Evaluations and Orientations Volunteers

The first impression a family has of their Upward Sports league will be at evaluations. Help make sure our league provides the most exciting and welcoming experience possible. Volunteer to help our league evaluations by running stations, welcoming parents and athletes, and providing directions around the facility.

*(Evaluations are only held prior to the season. The number of registered participants determines how many hours of evaluation time are needed.)*

### Host Family

Serve as a connection point to the church for parents and participants on a team or a certain practice night.

### Prayer Partner

We need people who will be committed to praying each week for our season to change lives.

### Game Day Roles

### Game Day Commissioner

Game day provides a key opportunity to share about Christ at halftime or through other game day ministry opportunities.

### Referee

Do you have a passion for the sport and a working knowledge of the rules of the game? We need your help to teach the game by enforcing the rules.

**TIME COMMITMENT: 2-4 hours a week**

*(normally on Saturdays)*

### Scorekeepers

Help by keeping the time and score for games.

\*Please note that volunteer opportunities and time commitments may vary. Check with your league director to find out specific details about your league. Select a volunteer opportunity, fill in your information below, and return to the League Director.

CONTACT NAME:

PLEASE CONTACT ME BY PHONE:

PLEASE CONTACT ME BY EMAIL: