Homeruns for health: an intervention using sports to increase physical activity in kids attending an after-school program

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Boys and Girls Club – Augustana Volunteer Itinerary

*Club should contact organizations 2-3 weeks before their month and set up a time(s) to volunteer*

*Each group is required to volunteer once for a minimum of an hour – Expect ~5 volunteers*

**Schedule:**

- September – Men’s Lacrosse  
  o dantorie@augustana.edu
- October – Softball  
  o kristinakistler@augustana.edu
- November – Women’s Track/Cross Country  
  o davidthompson@augustana.edu
- January – Men’s Soccer  
  o michaelregan@augustana.edu
- February – Women’s Volleyball  
  o kellybethke@augustana.edu
- March – Women’s Soccer  
  o scottmejia@augustana.edu
- April – Women’s Track/Cross Country  
  o davidthompson@augustana.edu
- May – Dance Company  
  o juliannafurlano15@augustana.edu

**Activities (minimum of 1 hour)**

- Introductions (5-10 min)  
  o Name  
  o Total number of years involved in respective sport  
  o Most memorable moment in sport
- Explain importance of being physically active (5-10 min)  
  o Improve physical and mental health  
  o Perform better academically  
  ▪ Increases retention rate in school
- Teach the basic rules of respective sport (5-10 min)  
  o Length/time  
  o Scoring
- Play respective sport (30-45 min)  
  o THERE IS LIMITED SPORTS EQUIPMENT AT THE CLUB, NECESSARY TO BRING EXTRA  
  o Teach tips and tricks  
  o If it is too difficult/are unable to play sport, create other games and activities

FOLLOW UP: At the end of each team’s last session, please have them give a review of what went well and what can be done differently to make other sessions the best they possibly can be. Ask if each group would like to continue in the following years.

*All decisions are ultimate left to the volunteers. Please use discretion and be considerate of the club members, staff, and other volunteers.*