

Put Me in Coach!

Augustana College Athletic Organization's Volunteer Itinerary

An ideal number of volunteers is around 5

Location: Boys and Girls Club of the Mississippi Valley

406 7th Street, Moline, IL 61265 – (309)-757-9155

Contact: Esperanza Martinez – Moline Club Unit Director

emartinez@bgcmv.org – (309)-757-9155

Esperanza should reach out two to three weeks before your team's specified month, if not, please reach out to her

Parking: Park on 7th Street or on the part of 5th Avenue that runs perpendicular with 7th Street

Activities (minimum of 1 hour)

- Introductions (5-10 min)
 - Name
 - Total number of years involved in respective sport
 - Most memorable moment in sport
- Explain importance of being physically active (5-10 min)
 - Improve physical and mental health
 - Perform better academically
 - Increases retention rate in school
- Teach the basic rules of respective sport (5-10 min)
 - Length/time
 - Scoring
- Play respective sport (30-45 min)
 - THERE IS LIMITED SPORTS EQUIPMENT AT THE CLUB, NECESSARY TO BRING EXTRA
 - Teach tips and tricks
 - 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 a student email Esperanza review of what went well and what can be done differently to make other sessions the best they possibly can be. Also, please let the club know if you 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.