



KINETIC KIDS AND YOU VOLUNTEER INFORMATION

Welcome to Kinetic Kids! We hope your experience with us is enriching and valuable! Here are a few FAQs to get you on your way to a great volunteer experience with us:

WHO ARE KINETIC KIDS? Kinetic Kids are children from all walks of life who experience the daily struggles of life-long challenges including but not limited to cerebral palsy, spina bifida, down's syndrome, autism, brain tumors, cancers, or other neurological disorders. These children have the desire to perform age-appropriate recreational and sports activities like their typically developing peers. They are children who may use wheelchairs as their primary mobility or they may use a walker or crutches. They may also be independent with mobility but for other reasons, are limited in their participation from recreational activities with their peer group. Our organization was established to provide health, recreational, and educational services to these children and their families.

HOW DID THIS BEGIN? Kinetic Kids began in 2001 with a t-ball team of 12 children. Today, over 1500 children participate in our programs in San Antonio annually. Our organization was developed locally and is run by licensed physical, occupational, & recreational therapists and qualified, experienced instructors.

ON VOLUNTEERING: Kinetic Kids' programs succeed due to our tremendous volunteer support! We strive to provide a one-on-one buddy/volunteer for every 6-8 wk program, to ensure a quality experience for each participant. You don't need to be an expert in the activity you are helping with, just have a desire & dedication for helping children learn, play & make lasting memories. **We welcome volunteers 16 years old & older to volunteer independently with a Kinetic Kid.** Volunteers ages 14 & 15 can partner with a parent as a 'junior volunteer.' Volunteers range from High School Students to working professionals (and everything in between).

WHAT SHOULD I EXPECT AS A VOLUNTEER?

By volunteering with Kinetic Kids, you are offering your time to change a child's life as they accomplish something they never believed they could achieve. You are giving them the chance to experience what is potentially one of the happiest times in their life. For each seasonal program, a volunteer will partner with a child to provide physical support, emotional encouragement, and keep the child focused on task. The main role of the volunteer is: to assist each 'Kinetic Kid' in reaching his/her highest potential EACH WEEK in the activity, while maintaining a safe and fun environment for all. Volunteers must be independent with tasks/responsibilities as instructed by instructor.

VOLUNTEER OPPORTUNITIES: There are generally 3 ways to volunteer with Kinetic Kids.

- **Seasonal Programs (6-8 week commitment) OUR PRIMARY VOLUNTEER OPPORTUNITY** –Volunteers attend 1x/week for roughly 2.5 hours, throughout the 6-8 week season. During each program there are 2-3 classes. Volunteers will work one-on-one with the same child(ren) with special needs in each class for the entire season. Volunteer opportunities listed on the schedule include early arrival time and the full program time of 2-3 classes back to back. Seasonal programs are held mostly on weekday evenings and Sunday afternoons. Programs begin 4 times a year—each season & new sessions begin in January (WINTER), March (SPRING), June (SUMMER), and September (FALL).
- **Seasonal 1 day opportunities** (Art Day, Field Day, Outdoor Explorer days, Sports Clinics, Recreational Camp days, Finale assistance)— Volunteers will help with event set up, working at stations helping with drills, activities or on projects, or setting up, greeting and serving refreshments at Finales. These typically don't require one-on-one interaction/assistance. Most one day events are held on Saturday mornings, with the exception of the Finales, which follow the seasonal program schedule.
- **KK Connections** supports our fundraising and program goals. Volunteers in KK Connections provide support in a several ways: serving on a special event committee, attending resource fairs, or assisting with administrative work. Parents and community friends make up KK Connections and can register or find out more information through our volunteer coordinator at volunteer@kinetickidstx.org.



Volunteer Information

Steps to getting started with Kinetic Kids:

1. Go to www.kinetickidstx.org –under the **Volunteer Tab** and **get added to our database to receive volunteer updates.**
2. Under the Volunteer tab download the **Volunteer Application**, complete it and return to us via fax, mail or email for a background check.
3. **NEW volunteers:** Sign up (via CURRENT OPPORTUNITIES) for the 1x **Volunteer Orientation** at beginning of your 1st season with us.
4. Under the Volunteer Tab, view the Current Volunteer Opportunities available and Sign up to volunteer for the program(s) of your choice via the **CURRENT OPPORTUNITIES** link.
5. You will receive a confirmation email from the Volunteer Coordinator within 1 week of sign up.
6. Once signed up, the **Program Director** for each sport will contact all volunteers 1-2 weeks prior to program start date with a WELCOME EMAIL that provides specific program details & directions.
7. Plan to arrive early on first day of programs for a Sport Specific Volunteer Training

Responsibilities of Volunteers at 6-8 week programs:

YOUR #1 ROLE AS A VOLUNTEER: to assist 'Kinetic Kids' in reaching their highest potential in the activity they are participating in, while maintaining a safe and fun environment for all.

- ✓ **Show up on time & in appropriate attire (appropriate athletic wear)**
 - Upon arrival, sign in to VOLUNTEER BINDER, assist in setup, and welcome children.
- ✓ As kids arrive, greet the child your paired with and get them to the specified warm-up location about 3-5 minutes prior to start time (not too early)
- ✓ **Smile, have fun, be enthusiastic & encouraging**
 - During classes, responsibilities may range from:
 - Help with transitions to each activity or apparatus
 - Help with motivation/encouragement & keep child focused on task
 - Engage child socially & encourage to cheer on peers
 - Help to encourage child's cooperation in a group setting
 - Help child complete activity when indicated by instructor(s)
- ✓ **Talk to the kids appropriately and with respect**
- ✓ Be flexible, working with children can mean a change of original plans.
- ✓ We encourage you to:
 - Speak with the program director &/or the child's parent and learn about any special considerations when working with the child.
 - If you are unsure how to assist or handle a child, please ask an instructor/program director for help.
 - **Listen carefully to Instructors** throughout the program session for direction and guidance.
 - Every child is different & requires different assistance or guidance to reach their highest potential
- ✓ Sign in and out each time, as it is important for Kinetic Kids to track volunteer hours.
- ✓ **We prefer that volunteers sign up for the FULL SEASON (1 x/ week for the full 6-8 week program), however, some exceptions may apply. Contact the Volunteer Coordinator if you have a conflict.**
- ✓ You can e-mail the Kinetic Kids Volunteer Coordinator at volunteer@kinetickidstx.org or call 210-621-3141 with questions.
- ✓ Once you are signed up to assist with a program & programs have started, your primary contact will be the PROGRAM DIRECTOR for that sport (per your welcome email).
- ✓ **If have you signed up to volunteer & cannot attend, please call or email the program director for that sport, ASAP. This will allow time for recruitment of another volunteer to cover your shift.**

Kinetic Kids Sport and Recreation for all (dis)abilities P.O. Box 690993 San Antonio, Texas 78269

Volunteer Coordinator #: 210-621-3141 ♦ Fax: 210-558-2021 ♦ volunteer@kinetickidstx.org ♦ www.kinetickidstx.org