

# Idaho Senior Games

## Volunteer Job Descriptions

Dear Volunteer,

The Idaho Senior Games are a fun and highly anticipated event held each year in Boise, Idaho. The games are a culmination of months of training for many seniors not only from Idaho, but also from surrounding states. Those that participate in the games are not considered old; they are just 50 years old or *better*. They are competitive, committed and full of life!

The Idaho Senior Games are facilitated by the Treasure Valley Family YMCA with the support of many local businesses and individuals from communities across the state, like you. The Idaho Senior Games Board of Directors is made up of volunteers and athletes, and we work year-round toward making each year better than the last. Working with the Board of Directors is the Games Coordinator, Jack Ward and the President/YMCA Director of Community Sports, Tim Severa. From there, the Idaho Senior Games is TOTALLY dependent on local volunteers like you to carry out each of the events. Therefore, the success of this endeavor is GREATLY dependent on your help. We simply cannot offer an event of this magnitude without the support of people like you.

We have quite a variety of volunteer opportunities from which you may choose. Listed below are the events and a brief description of what you might be doing as a volunteer. Some events are held indoors, some are outdoors. Since the games are held in August, for those that are held outdoors, it is very important that you don't forget sunscreen, sunglasses and bottled water! Some outdoor events require walking and other physical activities. Some events will require you to be rather stationary, and we suggest you bring a folding chair. The commitment time listed on the volunteer schedule includes all of the events in that period. You can check the website at [www.idahoseniorgames.org](http://www.idahoseniorgames.org) for more specific information about the games. We feel we have events that emphasize an active lifestyle for everyone age 50 or *better*...participating in the games is so much fun!

## Volunteer Job Descriptions

Listed in alphabetical order:

**5K Run, 10K & 5K Walk:** Some will be posted along route as direction indicators and cheerleaders; some will be operating stop watches. Outdoors. Lasts 3 hours.

**Archery:** Scorekeeping; walking to targets to retrieve arrows. Outdoors. Half day.

**Basketball Throw/Hotshots:** Retrieving basketballs; Scorekeeping. Indoors. Half day.

**Bowling:** Help facilitate tournament brackets. Indoors. Half day.

**Cycling:** Some will be posted along route as direction indicators and cheerleaders; some will be operating stopwatches. Outdoor event. This is an all day event for 2 days with breaks between events.

**Football Throw:** Retrieving footballs and scorekeeping. Outdoor event. Half day.

**Handball:** Scorekeeping and operating a stop watch. Indoor event. Half day.

**Horseshoe Tournament:** Scorekeeping. Outdoor event. All day event.

**Pickle Ball:** Retrieving balls and scorekeeping. Outdoor event. Half day.

**Pool (8 Ball):** Scorekeeping. Indoor event. Half day.

**Racket Ball:** Scorekeeping and operating stop watches. Indoor event. Half day.

**Shuffleboard:** Retrieve and set up pucks. Scorekeeping. Indoor event. Half day.

**Softball Tournament:** Retrieving softballs. Scorekeeping. Outdoor event. Half day.

**Softball-Wooden Bat:** Retrieving softballs. Scorekeeping. Outdoor event. Half day.

**Swimming:** Operating stop watches. Indoor event. All day event.

**Table Tennis:** Scorekeeping using flip scoreboard. Indoor event. All day event.

**Taekwando:** Scorekeeping and operating stop watches. Indoor event. All day event.

**Tennis:** Retrieving tennis balls and scorekeeping. Outdoor event. All day event.

**Track and Field Events:** Operating stop watches for track events (races), using measuring tapes to measure distances for field events (discuss, shot put, running long jump), retrieving discus and shot puts, and rakes to smooth sand for running long jump. Outdoor event. All day event.

**Traithalon:** Some will be posted along route as direction indicators and cheerleaders; finish line help. Serve as an aide station attendant. Facilitate transition areas. outdoor event. Half day.

Please complete the two page Treasure Valley Family YMCA Volunteer Interest Form and return BOTH of them. The first page is for general information. The second page includes the Volunteer Waiver and Release of Liability Form. You will receive confirmation of your assignment via phone or e-mail no later than two weeks prior to the start of the Idaho Senior Games in August.

**Mail to: Downtown Family YMCA, Attn: Jack Ward, 1050 W. State Street, Boise, Idaho 83702. Or e-mail form to [jack.ward@ymcatvidaho.org](mailto:jack.ward@ymcatvidaho.org). For questions call Jack at (208)322-0286.**

**THANK YOU FOR BEING A VOLUNTEER!**