



Sports and Fitness Volunteer

Overview:

Sports & Fitness Volunteers assist in planning and supervising all sports and recreation activities taking place in the Athletics Program. As a Sports & Fitness Volunteer, you will also help oversee the weight room, gymnasium, dance studio, and outdoor sports fields.

Responsibilities:

- Partaking in games with the youth
- Instructing participants in the skills and techniques of the position played in the sport
- Explain and enforce safety rules and regulations on sports, recreational activities, and the use of exercise equipment
- Assisting in demonstrating proper workout techniques in the weight room
- Setting up and breaking down all equipment throughout the day
- Keep accurate inventory of all equipment and report any broken equipment to manager
- Making sure the equipment room is kept clean and organized
- Staying up to date with current sports knowledge and coaching techniques

Qualifications:

- Experience working with urban youth is preferred
- Basic knowledge of sports
- Fun and positive attitude
- Ability to partake in physical activities
- Former or current athlete is a plus
- Experience coaching or refereeing is a plus

Hours: Monday-Friday between 2:00 PM & 8:00 PM- *Must be available at least one day per wee.*

Interested?

Please contact the Volunteer Coordinator, Tara Levine at:

Email: tara.levin@lbgc.org

Tel: (978) 458-4526 x15

or stop by the Club to fill out an application