



Welcome to Spirit League and thank you for volunteering your time to help our players!

You will receive an email prior to the start of the season indicating the times for orientation. The information to be covered is outlined below.

Spirit League is for children who are physically active (ambulatory), and have the emotional ability to participate — but have difficulty keeping up with their peers. We emphasize the learning of basic sports skills and physical fitness for higher functioning but developmentally challenged boys and girls, ages 6-20. Our goal is to safely help these children develop the skills, knowledge, discipline and confidence necessary to play team sports on their school playgrounds and in their neighborhoods.

Our Players are typically unable to fully participate in team sports due to one of the following challenges:

- Timidity
- Obesity
- Learning disabilities
- High functioning autism
- Aspergers
- Other mild physical and emotional disabilities

As a player volunteer your job is to support the coaching staff. After you arrive for the scheduled time(s) you have indicated, you will need to take the initiative and find a team that needs assistance. Otherwise locate the athletic director or a board member to guide you to a team. Introduce yourself to the coach and make yourself available to assist with exercises, drills, working with an individual player, setting up the playing field or courts, and keeping the players motivated and having fun. The coaches are very busy with the players, so there may be times that you have to find something to do - Take the initiative, and stay busy.

- We will supply a volunteer vest designed to go over your shirt. They may be picked up from the Athletic Director or coaches.
- No cell phones on the court or fields
- Do not congregate with other volunteers
- Dress appropriately (Tennis shoes, shorts, and T-Shirts) No flip flops.
- Bring sunscreen and water
- If you are getting credit hours for volunteering, you will be responsible to keep track of your hours. The athletic director or board president can sign off on your tracking sheets
- **You must turn in your waiver on the first day of play. We cannot allow you on the field or courts without it.**

The help you are providing the league and for the players is extremely important. We sincerely appreciate your time and know you will find your volunteering experience with Spirit League rewarding!