



Team Mentor Orientation

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

Founded in 2004, Spirit League was created by the parents of children who were unable to fully participate in team sports due to challenges. Spirit League is tailored to meet the specific needs of children on the autism spectrum and other developmental or physical disabilities who are between the ages of 6 and 20+ years old and who are ambulatory. For our athletes, our goal is to foster self-esteem, enhance social skills and build friendships. For our parents, our goal is to strengthen relationships, provide support and develop community.

Our athletes are typically unable to fully participate in team sports due to one of the following challenges: timidity, obesity, high-functioning autism, learning disabilities, or other mild physical and emotional disabilities.

As a Team Mentor, your job is to support the Coaching staff. After you arrive for the scheduled time(s) you have indicated, you will need to locate the Athletic Director to get your team assignment and provide the necessary paperwork. The Athletic Director will introduce you to your Coach.

Athletes are on the field/court for 1.5 hours. The first 30 minutes are dedicated to skill development and team building activities. The remainder of the time is spend playing a game with other teams in Spirit League. Once athletes arrive, make yourself available to assist the Coach with exercises, drills, working with an individual athlete, setting up the playing field or courts, and keeping the athletes motivated and having fun. The Coaches are very busy with the athletes, so there may be times that you have to find something to do.

- Take the initiative, and stay busy.
- We will supply a Team Mentor t-shirt with a Spirit League logo. They may be picked up from the Athletic Director or Board Member on Duty.
- No cell phones on the court or fields
- Do not congregate with other volunteers
- Dress appropriately (Tennis shoes and shorts, or athletic pants) No flip flops.
- Bring sunscreen and water.
- If you are earning credit hours for volunteering, you will be responsible to keep track of your hours. The Athletic Director or a Board Member can sign off on your tracking sheets
- **You must turn in your waiver from spiritleague.org on the first day of play. We cannot allow you on the field or courts without it.**

You will receive an email prior to the start of the season confirming the division and time for the first day of games.

The help you are providing the League and the athletes is valuable and appreciated. We sincerely appreciate your time and know you will find your volunteering experience with Spirit League rewarding!

Spirit League is a 501(c)(3) nonprofit organization. Tax ID# 20-1707223
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