



Junior Mentorship Program – Volunteer Position

Run.Jump.LEAD! is Calgary's premier leadership and physical literacy program for girls! This is a part-time volunteer opportunity for girls ages 13 and up.

Through collaboration, connection and belonging, *Run. Jump. LEAD!* promotes an environment of personal growth for our team members. Our female coaches and volunteer mentors are valued members of our team and are vital to the success of our programs.

Under the guidance of our Lead Coaches, Junior Mentors will have the opportunity to assist in the delivery of our regular weekly programs, allowing them to:

- Learn the value of volunteering and giving back to the community
- Practice their leadership skills in a practical, supportive setting
- Build confidence and positive work ethic
- Be part of a dynamic, all-female leadership team
- Become inspiring role models for our young participants

RESPONSIBILITIES

As a junior mentor, you will assist the coaches in the delivery of our weekly programs. Weekly responsibilities:

- Greet participants as they come to class
- Participate in group discussions, activities, and games
- Escort participants to the washrooms
- Assist in equipment set-up and take down
- Provide guidance and mentorship to our participants, focusing on fair play, teamwork, and sportsmanship
- Assist in cleaning and sanitizing equipment between activities and classes
- Familiarize yourself with lesson plans prior to the start of each class
- Teach and lead the group in various activities related to leadership, physical activity, and sports

QUALIFICATIONS AND PERSONAL ATTRIBUTES

- Have an appreciation for being physically active and the desire to give back through coaching and mentorship
- Ability to commit to attending all classes during the session
- Positive role model, motivated, and excited about working with young girls in the community
- Strong communication skills and the willingness to engage with all participants, including other coaches, mentors, and parents
- Extremely reliable and trustworthy
- Willing to follow all safety guidelines put in place by *Run.Jump.LEAD!* and facility operators
- Volunteers are required to attend at least one regular session per week (with a set day/time) and complete approximately 1-2 hours of online training prior to the start of their program.

HOURS

- Days and time vary depending on the program and location. Please reach out to Natalie at run.jump.lead@gmail.com for available opportunities.

Possibility of continuing volunteer work or being promoted to a paid assistant coach for future sessions..

Interested candidates can fill out an application form at: www.runjumplead.com/apply