



Unit C - 450 Eighth Street
Courtenay, BC
V9N 1N5

Position Details

Comox Valley Special Olympics is seeking a qualified individual to lead a Club Fit Program. This individual should either be a certified personal trainer or have a university degree in an appropriate field (ie kinesiology, physical education, etc.) Club Fit is a fitness program designed specifically for Special Olympics athletes of varying skill levels to improve their health and fitness outside of participation in other Special Olympics programs. Intended for participants ages 14 and up, Club Fit provides SOBC athletes an opportunity to improve overall health and fitness throughout the year with quality programs that supplement their participation in traditional sport programs. Club Fit also provides opportunities to help new athletes (or athletes that have left sport programs) to improve overall health and fitness for their whole life. Athletes who register with Special Olympics can take part in Club Fit as the only program they are registered in. Club Fit is part of the Special Olympics long-term athlete development model. It aims to improve athletes' overall wellness by helping them optimize potential and provide lifelong activity opportunities. Club Fit sets standards for fitness programs for Special Olympics athletes in British Columbia.

Job Title:	Club Fit Instructor
Criminal Background Check Required:	Yes
Organization Name:	Special Olympics BC - Comox Valley
Organization Address:	1385 Fitzgerald Ave
Event Date (If Applicable):	0000-00-00
Contact Name:	Randy James
Contact Phone Number:	250-897-1828
Contact Email:	region6@shaw.ca

Volunteers: Please take this form to the volunteer coordinator listed above. Member Organizations: If any information is incorrect on this form, please let us know as soon as possible by contacting 250-334-8063.

Tips and tricks for a new volunteer

- 1. Choose Wisely/Research and Do Your Homework:** There may be a specific aspect of animal welfare that is very important to you. Are you passionate about spay/neuter? Homelessness? Animal therapy? Pet nutrition? Take the time to seek out an organization whose mission speaks to you.
- 2. Ask For/Offer Referrals:** Let people know that you are looking to volunteer, and what your interests are. Your own community is an ideal place to reach out when looking to be connected to a group that means something to you. Once you find something you love—spreading the word is a great way to further the cause.
- 3. Don't Overcommit:** As eager as you are to make a difference, you don't want volunteer projects to rule your schedule. Make sure you balance your time carefully so that your professional life or family time doesn't take a critical hit.
- 4. Have Fun:** Helping others is its own reward, but it shouldn't feel like a chore. Even the most mundane task can be fun if you manage it with a sense of humor and excitement for making a difference.
- 5. Consider Your Skills:** Ask yourself what you have to offer: What skills do you have and how can they translate to helping your animal welfare agency? If you're a good photographer, maybe you can take pictures of the animals up for adoption.
- 6. Learn Something New:** Yes, you've got something to offer, but what else can you get out of this experience besides the joy of giving back? Trying things that may be out of your comfort zone forces you to learn and adjust—a skill all of us can benefit from.
- 7. Combine Your Goals:** Look for volunteer opportunities that will help you achieve personal goals in addition to the goal to do good. Maybe you want to shed a few pounds? Find a shelter that needs a dog walker.
- 8. Pull In The Same Direction:** While you may have your own ideas on how things should be done, remember why you are volunteering—everyone is there with the same good intentions.
- 9. Involve Your Friends and Family:** When a family volunteers together, it's a win-win for everyone. The experience can bring everyone closer together, teach young children the value of giving, introduce skills and experiences never before encountered,

and create special memories.

10. Be Yourself: Bring your heart, your sense of humor, and your enthusiastic spirit to your volunteer service.