



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

Position Details

Comox Valley Special Olympics is looking for an Assistant Coach for their Rhythmic Gymnastics program Wednesdays from 3:30 - 4:30pm. Rhythmic Gymnastics helps gymnasts develop strength, flexibility and artistry. Competitions are offered for women in rhythmic events. Gymnasts may compete in all events offered (all around) or may be specialists, competing in one, two or more (but not all) events. Rhythmic Gymnastics events (Level I and up for females only): Clubs Rope Hoop Ball Ribbon All Around Group Routines (Female only, 4-6 gymnasts, may be done in addition to individual routines) Floor Exercise Ball The following events provide meaningful competition for athletes with lower ability levels: Rhythmic Gymnastics Individual Compulsory Routines, performed while sitting (mixed gender) Rope Hoop Ball Ribbon All Around

Job Title: Assistant Coach - Rhythmic Gymnastics
Criminal Background Check Required: Yes
Organization Name: Special Olympics BC - Comox Valley
Organization Address: 2070 McQuinn 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.

