



share an adventure
NATIONAL SPORTS CENTER FOR THE DISABLED
volunteer program



you are more
than just a
volunteer

You are an inspiration.
You are a leader. You
are a part of the team.
The driving force behind the
NSCD is a team of more than
800 hands-on volunteers who
dedicate countless hours to
helping people with a disability
achieve their personal best.

Without our volunteers, the
NSCD would not be the
program it is today.

LAND

HORSEBACK RIDING

The Experience: Catch, groom, tack, play recreational games, taking your participant on the ride of his/her life! Our volunteers play an integral role for our participants, providing support, encouragement, and enthusiasm throughout the lesson.

Date/s: Summer - Fall

Location/s: YMCA of the Rockies, Snow Mountain Ranch

CAMPING

The Experience: Spend one or all days and nights with our diverse group of campers. You will gain new appreciation for all of the doing and learning that will take place outdoors. During our experiential camps you will be busy cooking, prepping, horseback riding, rafting, canoeing, and tending to the campfire

with our participants. Besides, everything tastes better when you are camping.

Date/s: June - September

Location/s: The wilderness of Grand County

ROCK CLIMBING

The Experience: Our adaptive rock climbing program provides something for everyone. Our certified instructors make it happen any way possible. You will be amazed at what takes place during these lessons.

Date/s: April - September

Location/s: Front Range and Grand County

BIKING/HIKING

The Experience: Spend your morning riding tandem, or alongside a hand crank bicycle. In the afternoon take a hike, stop and relax on a rock, identify birds and wildflowers with your participant, and enjoy the fresh mountain air.

Date/s: June - September

Location/s: Winter Park area



WATER

WHITE WATER RAFTING/KAYAKING

The Experience: There's no greater metaphor for life than being on the river. Grab a paddle and join the team! Volunteers get the full river experience, from water fights to paddling through rapids.

Date/s: May - September

Location/s: Upper Colorado River

CANOEING

The Experience: Let your cares float away as you and your participant enjoy a peaceful afternoon on a serene mountain lake. Test your paddles, explore the water and let the beauty of nature engulf you.

Date/s: May - September

Location/s: Various Front Range Lakes/Reservoirs, Grand County

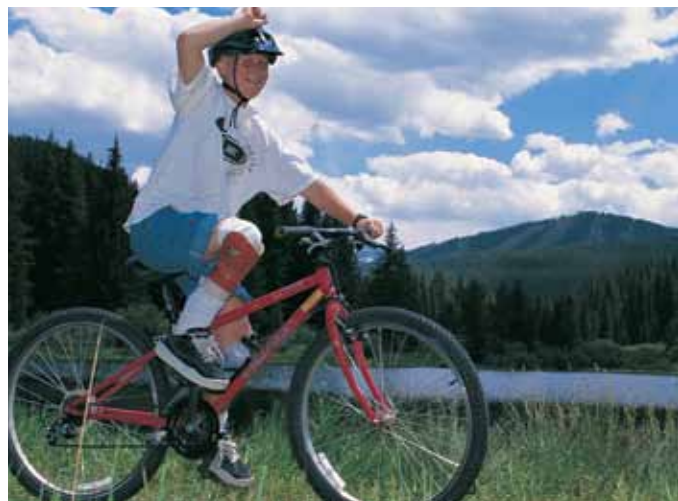
MORE

RESORT ACTIVITIES

The Experience: Spend a day exploring the base area activities at Winter Park Resort. You and your participant will have the opportunity to ride the longest alpine slide in Colorado, get lost in the giant human maze, spring to the sky with the leaps and bounds bungee, and more!

Date/s: June - August

Location/s: Winter Park Resort



ON THE SLOPES

ALPINE SKIING AND SNOWBOARDING

The Experience: Breathe in the air, take in the views and grow with your students while attacking challenges on the slopes that for some mean second chances, for others, a priceless independent experience with nature. Experience firsthand the strength and energy of the selfless act of teaching a skiing or snowboarding lesson that will change lives, and possibly yours as well.

Date/s: November - April

Location/s: Winter Park Resort, Sol Vista Ski & Golf Ranch

OFF THE SLOPES

NORDIC SKIING, HUT TRIPS AND SNOWSHOEING

The Experience: Get away from it all at the Nordic center and head out into the peaceful winter woods where you can snowshoe, skate, or classic with your student.

Date/s: December - April

Location/s: Devils Thumb Ranch (Tabernash, CO)

MORE

SPECIAL EVENTS

The Experience: Do you like working the crowd or supporting the event behind the scenes? Our Special Events crew needs volunteers through the year to assist with all aspects of our fundraisers to ensure the continuation of our various programs.

Date/s: On going

Location/s: Denver/Front Range, Winter Park Resort



VOLUNTEER COMMITMENT LEVELS

BLACK DIAMOND LEVEL

The NSCD's most popular volunteer program!

Required training: 6 clinics (within one calendar year) for ski & snowboard instructors, 2 for Nordic instructors, 1 for equipment room/competition center volunteers, 1 refresher clinic for returning volunteers

Fees: Administrative fee: \$25 and

Training fee (tax-deductible): \$35

Minimum requirements: 10 days for ski/snowboard/Nordic instructors, 12 days for equipment room/administrative volunteers, 16 days for competition center volunteers.

BLUE SQUARE LEVEL

Designed for people who do not have time to commit to the full 10 days of instructing. This level is not an option for Sunday Bus Program Volunteers, Thursday Brain Injury Volunteers, Friday Physically Disabled Volunteers, Administrative, Special Event and National Programs, Nordic, Competition Center or Equipment Room Volunteers.

Required training: .6 clinics (within one calendar year) for ski and snowboard instructors, 1 clinic for returning

Fee: \$25 and Training fee (tax-deductible): \$35

Minimum requirement: 5 teaching days

GREEN CIRCLE LEVEL

Green level volunteers are lesson assistants, assisting with equipment and helping load and unload students on the chairlifts. This level is not an option for Administrative, Nordic, Competition Center or Equipment Room volunteers.

Required training: 1 half-day training session.

Fee: \$25

Minimum requirement: 3 half days of volunteering.

Benefits: A lift ticket for the fi day of volunteering will be valid for the entire day.

COMPETITION PROGRAM

Volunteering with this program provides the opportunity to witness world-class adaptive ski racers during training and competition. Competition Program volunteers assist coaches with training, site preparation, racecourse maintenance and course safety. This physically demanding program includes transporting training equipment on lifts and trails. Volunteers needs vary depending on the training and race schedule. Volunteers must possess advanced skiing skills and be able to commit to 16 days.

EQUIPMENT ROOM

The NSCD Equipment Room is a high-volume rental shop specializing in adapted ski equipment. Volunteers should exhibit a congenial and helpful attitude while distributing and collecting adaptive equipment. A typical day in the equipment room begins at 8:30am and continues until 4pm. A one-hour lunch break provides the opportunity to work on personal ski equipment or to experience some fun on the slopes. Equipment volunteers are welcome to attend NSCD ski clinics. Volunteers must commit to 12 days during the season.

ADMINISTRATION (WINTER PARK)

Several volunteers are needed in the Winter Park Volunteer Office to assist with orientations, registrations, clinic check-ins and data entry. The administrative volunteer commitment is 72 hours, which must be completed between the hours of 8am and 5pm. All volunteers must complete their hours between September and May of the current ski season.

Questions? Call or email us at:

303.316.1546 or 970.726.1546

email: volunteer@nscd.org

<http://www.nscd.org/volunteer/signup.htm>





Sports Authority Field at Mile High

1801 Mile High Stadium Circle, #1500
Denver, CO 80204-1780

www.nscd.org

The mission of the National Sports Center for the Disabled is to provide quality outdoor sports and recreation programs that positively impact the lives of people with physical, cognitive, emotional or behavioral challenges. For more information on the NSCD, visit www.nscd.org



WINTER PARK

**WELLS
FARGO**

**SPORTS
AUTHORITY®**