

Homeruns for health: an intervention using sports to increase physical activity in kids attending an after-school program

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Put Me in Coach!

Boys and Girls Club – Augustana Volunteer Itinerary

Club should contact organizations 2-3 weeks before their month and set up a time(s) to volunteer

Each group is required to volunteer once for a minimum of an hour – Expect ~5 volunteers

Schedule:

- September – Men's Lacrosse
 - dantorie@augustana.edu
- October – Softball
 - kristinakistler@augustana.edu
- November – Women's Track/Cross Country
 - davidthompson@augustana.edu
- January – Men's Soccer
 - michaelregan@augustana.edu
- February – Women's Volleyball
 - kellybethke@augustana.edu
- March – Women's Soccer
 - scottmeija@augustana.edu
- April – Women's Track/Cross Country
 - davidthompson@augustana.edu
- May – Dance Company
 - juliannafurlano15@augustana.edu

Activities (minimum of 1 hour)

- Introductions (5-10 min)
 - Name
 - Total number of years involved in respective sport
 - Most memorable moment in sport
- Explain importance of being physically active (5-10 min)
 - Improve physical and mental health
 - Perform better academically
 - Increases retention rate in school
- Teach the basic rules of respective sport (5-10 min)
 - Length/time
 - Scoring
- Play respective sport (30-45 min)
 - THERE IS LIMITED SPORTS EQUIPMENT AT THE CLUB, NECESSARY TO BRING EXTRA
 - Teach tips and tricks
 - If it is too difficult/are unable to play sport, create other games and activities

FOLLOW UP: At the end of each team's last session, please have them give a review of what went well and what can be done differently to make other sessions the best they possibly can be. Ask if each group would like to continue in the following years.

*All decisions are ultimate left to the volunteers. Please use discretion and be considerate of the club members, staff, and other volunteers.