

# Volunteering for CYO CC

St. Michael Cross Country, Fall 2019 Season

The Saint Michael CYO cross country team is run entirely by volunteer, and there are a number of ways that families can help in running the team. While there are no formal requirements for volunteering, we ask that each family help in one of the following ways:

**Coaching** – We are always looking for help coaching the team. While coaching experience in track, CC, or another sport is a plus, it is not necessary. Also, no personal experience in running is necessary, though a number of coaches are runners themselves. One of the main duties of coaches is just herding cats, er, small children. Ideally, coaches can commit to being at practice on at least one day of the week so that we can plan accordingly.

**Volunteer Coordinator(s)** – Uses Signup Genius to identify parent volunteers to work the finish line and awards for the meets. Helps to instruct and organize parents at the finish line with the help of coaches and other volunteers.

**Working Finish Line at Meets** – Works at the finish line chute during meets to take stickers, hand out ribbons, etc. You can work for just part of the meet so that you can see your children run, plus you will get to see them as they pass through the chute after their race.

**Team Party Organizer(s)** – Helps in organizing the team party at the end of the season.

**Photographer** – Takes pictures of meets, practices, and other team events to post to the team Shutterfly site.

**Medical** – We need physicians, nurses, and EMTs to assist with the meets.

If you are interested in helping, please talk to the coaches about what is involved in these jobs.