

## Welcome!

I would like to extend a **welcome to all volunteers** who have showed interest in volunteering with the Penguins.

### IT IS CRUCIAL YOU READ and UNDERSTAND THIS LETTER.

This program is for youth with a disability; our athletes may have a physical, developmental or learning disability. It is based on the already successfully running program in Kingston Ontario run by Vicki Keith (marathon swimmer). Our program consists of a swim program (Tues and Thursdays) and gym program (Saturdays). Participants may be attending all three during the week, or just one or two. Both programs are striving towards improving physical activity levels, increasing independence and providing a social opportunity for participants.

The **success of the program depends on you**, the volunteer. You need to be on time and attend all the practices you have committed to, starting in September right through to March or perhaps even June. If in an emergency you are unable to attend, it is imperative that you get in touch with me immediately. Without volunteers we can not run the program.

## Swim Program

If you are volunteering for the swim program be on the pool deck at 4:00 sharp. You must **wear your bathing suit**; you can expect to get into the water during the practice. Before practice starts please help put in the lane ropes and find out the plan for the practice from the volunteer who is running practice that day. Practice ends at 5:30, you will say goodbye to the swimmers and assist with any clean up that needs to be done. After, all volunteers will talk to review practice, give suggestions or any feedback for the next week.

Swim practices focus on building skills and working towards the individual goals of the participants. Some swimmers will enter into novice swim meets at the end of each session, which you are encouraged to attend. A general practice plan will be posted on the white board; it is up to you to shape the practice to meet the needs of the swimmer.



**Brock  
Niagara Penguins**  
Swim and Gym Team for Youth with a Disability

Name:

Volunteer Hours:

Example:

Warm –up: *Freestyle kick and back crawl arm pull*

The volunteer will decide:

*Swimmer1 might do 4 lengths of each in the same time that Swimmer2 does 1 of each.*

Remember **you set the tone of the practice**, not complaining about the temperature of the water, encouraging positive behaviour from the athletes and giving simple to understand directions are key! Your energy and enthusiasm will set the stage for the swimmers to have FUN!

Each practice will be modeled around:

1. Welcome / Warm-up
2. Stretching
3. Skill
4. Fun Fitness
5. Cool down

**All volunteers are encouraged to lead / develop any aspects of a practice.**

Here is the training plan for the 10-week session:

Week	Plan
1	Streamline position
2/3	Kicking
4/5	Arms
6	Stroke performance (Free / Brst)
7	Stroke performance (Back/Brst/Fly)
8/9	Starts/Turns/On the Wall
10	Races/Relays

## Gym Program

If you are volunteering for the gym program be outside of Gym 2 by 11:45 sharp. You must wear **appropriate gym clothes and running shoes**. You will assist with equipment set-up and find out the plan for the session. Be sure to welcome the participants and introduce yourself. Gym ends for the junior athletes around 1:15. At this point a pick-up wheelchair basketball game will begin for the remaining. When they leave you will say goodbye to the athletes and assist with any equipment take down and clean up. After all volunteers will talk to review the session, give suggestions or any feedback for the next week.

The focus of this program is to allow participants the opportunity to work on a variety of different skills while participating in many different adapted sports and activities. The program is unique by **including siblings** of the athletes into the program. Only Penguins' equipment and equipment requested 24 hours in advance through the Cage can be used during this program.

Each practice will be modeled around:

1. Welcome / Warm-up
2. Large Group game or Fitness Circuit
3. 2 games division – Wheelchair basketball and other sport
4. Regroup / Cool down

**All volunteers are encouraged to lead / develop any aspects of a practice.** Here is the training plan for the 8 week session:

Week	Game 1	Game 2
1	Wheelchair basketball	Soccer
2		Standing basketball
3		Baseball/Cricket
4		Sledge Hockey
5		Net / Raquet Games
6		Gymnastics
7		Parachute / Football
8		Sledge Hockey / Lacrosse

*If you would like any further information or have questions, do not hesitate to contact*

Karen Natho

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## Working with Youth with Disabilities

There are several things to keep in mind when working with people with a variety of different disabilities. The most important is to remember to **adapt your programs or one-on-one activities to each participant depending on their needs**. *Example*, some participants may need clear step by step direction to keep them on task. Other participants may need assistance picking up equipment or adapting a game so they can participate fully.

As you get to know the participants and their specific strengths and abilities, adapting programs will become easier. It is important to **always be patient, enthusiastic, and insure that you are speaking to each participant in an age-appropriate manor**. Use the knowledge and patience of the volunteers around you to help you learn what might work!

All information on the athletes and their families is **confidential and not to be discussed** outside Penguin sessions.

**Athlete information sheets** are available for each athletes. They will give you more information and offer suggestions for success for each athlete. A **Program Manual** for all participants and volunteers is available.

## What is New?

**Pietro** will be taking the lead for the wheelchair basketball part of Saturday's program. **Katie** will be leading the Tuesday swim sessions. **Karen** will be leading Thursday and Saturday programs, She will be at Brock in The Centre for Healthy Development (WH140) on Thursday afternoons from 1:30-4pm. Stop by to say hi or with any questions / concerns / ideas you might have. Karen also has other small projects that need to be done to help the program. Please contact her if you have input, suggestions or would like to assist further with the program.

## Penguin T-shirts

Brock Niagara Penguin t-shirts are available to all volunteers for \$10. No profit is being made on the shirts. Bring in your money and size you would like ASAP (limited number available).