



Mecklenburg County  
Park and Recreation  
*The Natural Place  
To Be...*



# YOUTH SPORTS – VOLUNTEER COACHING OPPORTUNITY

## Volunteer Information:

The Mecklenburg County Park and Recreation Department relies heavily on volunteer youth sports coaches to help provide the kids in our community high quality recreational leagues. Each year over 500 individuals dedicate time to mentoring, shaping and enhancing the lives of over 6,000 youth sports participants in Mecklenburg County.

## Time Commitment:

Volunteer youth sports coaches will be required to commit to a **minimum of two hours a week** (one evening weekday practice Monday through Friday and one game on Saturday morning) Practices start one month before a season which runs 8 weeks. Sports Seasons include:  
 Soccer: Jul – Oct                      Flag Football: Jul – Oct  
 Baseball: Feb – May                  Basketball: Nov – Feb  
 Cheerleading: (Timeframes vary by location)  
 Boxing (RPSA only)

## Why should I volunteer?

- Studies have shown that those who volunteer have a lower mortality rate than those who do not, even when considering factors like the health of the participants
- Volunteering has also been shown to lessen symptoms of chronic pain or heart disease;
- Strengthening your community
- Improving the lives of others by providing a positive influence
- Requirement for school or work
- Increase your self-confidence, physical health and fitness
- Reduce stress and depression
- Meet and connect with new people

## Will I receive any training?

The Mecklenburg County Park and Recreation Department dedicates itself to a **complete sport specific training program for all volunteers, which allow opportunities for any individual skill level to lead and coach effectively with confidence.** We utilize the National Alliance for Youth Sports Coaches Training and Certification Program, which provides additional educational resources as well as opportunities for more advanced levels of certification. Visit [www.NAYS.org](http://www.NAYS.org) for more details.

## Will I be volunteering alone?

Volunteering should be a fun and fulfilling experience for you. It's a chance to learn something new and an opportunity to use the skills you already have. If it's a little

more of a time commitment than you can offer, find another volunteer partner who can share the responsibility with you. Together you can provide twice the insight.

In addition to the physical, social and emotional benefits to volunteering, the department offers the following to all youth sports volunteers:

1. Free coach's shirt or uniform for the specific sport/team.
2. Coaches award
3. Complimentary Coaches training through the National Alliance for Youth Sports [www.NAYS.org](http://www.NAYS.org)
4. One free program registration fee for head coaches child (\$65.00 value)
5. Access to all equipment and supplies needed to coach a team to include ball, cones etc...
6. Parents of your team will be offered training through the Parents Association for Youth Sports (PAYS) program.

## Qualifications and Requirements:

- Must be at least 18 years of age (or 16 with parental supervision)
- Must complete the online [volunteer background screening process](#)
- All Head Coaches must complete the NAYS Training Program
- Must attend the mandatory coaches meeting for the sport's season
- Must adhere to the Mecklenburg County Coach's Code of Conduct

## Think you might be Interested?

**Web:** [www.parkandrec.com](http://www.parkandrec.com) / **Athletics / Youth Athletics**

**Call:** Revolution Park Sports Academy at (704) 432-4963

**Email:** [YouthSports@MecklenburgCountyNC.gov](mailto:YouthSports@MecklenburgCountyNC.gov)

You can also fill out the information section below and submit it to your local recreation center.

Thank you for your consideration and commitment to making a difference in our community.

## I would like to volunteer as:

<input type="checkbox"/> Head Coach	<input type="checkbox"/> Assistant Coach	<input type="checkbox"/> Team Parent
Full Name (Please Print)		
Phone #		
Email		