

**Alexander Family YMCA
Community Outreach Department**

Camp High Hopes & High Hopes Sports Volunteer Opportunities

| Activity/Event | Timeframe | Volunteer Opportunities |
|-------------------------|--------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| BREAKFAST | 8:00-9:00 Daily | <ul style="list-style-type: none"> • <i>Help counselors set tables prior to campers' 8:00 a.m. arrival.</i> • <i>Help counselors serve breakfast meals to campers.</i> • <i>Engage campers in conversations as they eat their meals.</i> • <i>Assist with group control and safety.</i> • <i>Help counselors bus tables after campers have transitioned to a.m. assembly.</i> • <i>Assist counselors with escorting campers to morning assembly.</i> |
| Morning Assembly | 9:00-9:25 Daily | <ul style="list-style-type: none"> • <i>Assist with group control and safety.</i> • <i>Participate/help set up camp challenge activity.</i> |
| Group Time | 9:25-9:45 Daily | <ul style="list-style-type: none"> • <i>Assist with the development of skits, stories and chants that coincide with the overall themes (i.e., "Learning Today, Leading Tomorrow" or "Life as a Sport. PLAY HARD!").</i> • <i>Testify about the importance of setting realistic goals and developing a never quit attitude.</i> • <i>Assist with group control and safety.</i> |
| AM Games | 10:00-12:00 Daily | <ul style="list-style-type: none"> • <i>Assist with group control and safety.</i> • <i>Actively participate in all games and/or activities.</i> • <i>Initiate positive interactions with campers that develop into transformative relationships.</i> |

CONTACTS

Rebekah Dixon, Camp High Hopes Program Coordinator
(919) 815-6545

Keyth Wilson, High Hopes Sports Program Coordinator
(919) 815-8399

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| Devotion | 12:00-1:00 Daily | <ul style="list-style-type: none"> • Assist with the development and facilitation of spiritually based devotions. • Assist with group control and safety. |
| Swimming | Camp One - 10:30-11:30 Daily | <ul style="list-style-type: none"> • Assist with group control and safety during bus transports to and from Oberlin Program Center pool. • Assist with group control and safety while campers are in the pool. • Assist with swim lessons and game facilitation. • Actively participate in pool games and activities. |
| | Camp Three - 1:00-2:30 Daily | |
| | Camp Two - 2:00-3:30 Daily | |
| LUNCH | 11:15-12:45 Daily | <ul style="list-style-type: none"> • Help counselors set tables prior to campers' arrival. • Help counselors serve lunch meals to campers. • Engage campers in conversations as they eat their meals. • Assist with group control and safety. • Help counselors bus tables after campers have transitioned to p.m. games and activities. • Assist counselors with escorting campers to p.m. games and activities. |
| REEF | Huddle 1 - 1:15-2:00 M W | <ul style="list-style-type: none"> • Help maintain group control during campers' instructional time. • Read to groups of campers. • Listen to individual campers read out loud. • Ask campers questions about what they read to gauge reading comprehension ability. |
| | Huddle 2 - 1:15-2:00 M W | |
| | Huddle 3 - 10:00-10:45 M W | |
| | Huddle 4 - 11:00-11:45 M W | |
| | Huddle 5 - 3:00-3:45 T R | |
| | Huddle 6 - 12:30-1:15 T R | |
| PM Games | 1:00-4:00 Daily | <ul style="list-style-type: none"> • Assist with group control and safety. • Actively participate in all games and/or activities. • Cultivate positive relationships with campers through engaging conversations. |

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| Career Fair | <i>Postponed until further notice</i> | <ul style="list-style-type: none"> • <i>Serve as guest speakers to small group of campers.</i> • <i>Assist with group control and safety.</i> • <i>Assist with setup and breakdown.</i> • <i>Offer insight about what it takes to transition from school to career.</i> |
| Healthy Communities Day | <i>9:00-4:00 Wednesday, July 14th</i> | <ul style="list-style-type: none"> • <i>Assist with setup and breakdown.</i> • <i>Assist with group control and safety.</i> • <i>Assist with distribution of box lunches for HCD volunteers.</i> • <i>Assist with ushering campers to HCD vendor booths.</i> |
| H2 Sports: Soccer | <i>11:00 Wednesdays, Weeks 1 & 2</i> | <ul style="list-style-type: none"> • <i>Speak to campers about lessons learned through sports participation.</i> • <i>Serve as coaches, providing practical skill development instruction.</i> |
| H2 Sports: Basketball | <i>11:00 Wednesdays, Weeks 1 & 6</i> | <ul style="list-style-type: none"> • <i>Speak to campers about lessons learned through sports participation.</i> • <i>Serve as coaches, providing practical skill development instruction.</i> |
| H2 Sports: Flag Football | <i>11:00 Wednesdays, Weeks 3 & 4 2:00 Thursday, Week 7</i> | <ul style="list-style-type: none"> • <i>Speak to campers about lessons learned through sports participation.</i> • <i>Serve as coaches, providing practical skill development instruction.</i> |
| H2 Sports: Track & Field | <i>11:00 Wednesdays, Week 4 2:00 Thursday, Week 7</i> | <ul style="list-style-type: none"> • <i>Speak to campers about lessons learned through sports participation.</i> • <i>Serve as coaches, providing practical skill development instruction.</i> |
| H2 Sports: Golf | <i>Weeks 5 & 6, Mondays- Wednesdays, 10:00-10:45 and 3:00-3:45</i> | <ul style="list-style-type: none"> • <i>Assist with the teaching of proper golf swing and putting.</i> • <i>Speak to campers about lessons learned through sports participation.</i> |

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