

Fitness Challenge for Seniors

Volunteer Description

Events

.5 Mile Walk – 3 volunteers will be needed and 1 Champion.

(2) 1 volunteer per walker. Volunteer will:

- Be assigned to one athlete to walk with.
- Keep track of the athletes' distance walked.
- Ensure that the athletes are following the rules.
- Time the athlete.
- Report times on the roster.
- Report times to score keeper.

(1) 1 Scorekeeper will:

- Keep track of scores for event.
- Collect times from other volunteers.
- Score athletes based on their time.

(1) 1 Champion will:

- Start each round of the event.
- Oversee scoring of the event.
- Set up for event.
- Oversee the event.
- Explain rules of the event to the athletes.

Basketball Bounce – 3 volunteers and 1 Champion

(1) 1 volunteer per athlete, 2 total. Volunteer will:

- Be assigned one trashcan and will work with one athlete participating at a time.
- Track the number of baskets the athlete makes.
- Ensure that the athlete only bounces 10 times.
- Ensure that the athletes are following the rules.
- Ensure that the athlete bounces the ball one time prior to landing in the trashcan.
- Ensure that the athlete is staying behind the line.
- Retrieve the basketball for the athlete after each bounce.
- Report scores to score keeper.

(1) 1 Scorekeeper will:

- Keep track of scores for event.
- Collect basket count from other volunteers.
- Track athletes scores to determine tiebreaker rounds, if needed.
- Score athletes based on the number of baskets made.

(1) 1 Champion will:

- Oversee scoring of the event.
- Set up for event.
- Oversee the event.
- Oversee tiebreaker rounds as needed.
- Explain rules of the event to athletes and volunteers.

Wii Bowling – 3 volunteers are needed for this event and 1 Champion.

(1) 1 volunteer per TV (3 TVs total) the volunteer will:

- Set up the game for each athlete.
- Watch the athlete play the game.
- Ensure the athlete is following the rules.
- Make sure the athlete is staying behind the line.
- Track the athlete's score.
- Report participants score to the score keeper.

(1) 1 volunteer for practice TV, the volunteer will:

- Set up the practice game for each athlete.
- Watch athletes participating on the practice TV.
- Ensure that each athlete only participates in one practice round.
- Ensures the athlete follows rules of the main event.

(1) 1 Scorekeeper will:

- Keep track of scores for event.
- Collect athletes scores from each volunteer.
- Will track athletes scores to determine tiebreaker rounds, if needed.
- Score athletes based on the number of baskets made.

(1) 1 Champion will:

- Oversee scoring of the event.
- Set up for event.
- Oversee the event.
- Explain the rules of the event to the athletes and volunteers.

Obstacle Course – 3 volunteers are needed for this event and 1 Champion.

(1) 1 Volunteer will:

- Reset the obstacle course after each athlete has gone through the course.
- Demonstrate the obstacle course before each round.

(2) 1 Volunteer will:

- Walk through the obstacle with each athlete.
- Keep track of the athlete's time. Two timers present and the average will be taken as the final time.
- Ensure that the athlete is completing the obstacle course correctly and not breaking any rules.
- Alternate with other volunteer to walk athletes through the course.

(1) 1 Scorekeeper will:

- Keep track of scores for event.
- Collect athletes' times from each volunteer.
- Track athletes scores to determine tiebreaker rounds, if needed.
- Score athletes based on the number of baskets made.

(1) 1 Champion will:

- Oversee scoring of the event.
- Set up for event.
- Oversee the event.
- Explain the rules of the event to the athletes and volunteers.

Cornhole- 2 Volunteers needed and 1 Champion:

(1) 1 volunteers will:

- Reset the boards and beanbags. Boards need to be 21ft apart.
- Ensure athletes follow rules.
- Keep track number of beanbags tossed each players gets five each.

(1) 1 Scorekeeper will:

- Explain rules of the event to participants.
- Collect points from volunteers.
- Keep track of scores.

(1) Champion will:

- Set up for event.
- Oversee the event.
- Explain the rules of the event to the athletes and volunteers.