



## **JUNIOR VOLUNTEER PROGRAM**

Maine Adaptive welcomes youth that are 16 or 17 years of age to participate in the Junior Volunteer program. The purpose of the Junior Volunteer program is to introduce young people to adaptive skiing/riding and prepare them to teach adaptive skiing/riding. Through the training provided, Maine Adaptive helps young people work towards becoming an adaptive ski or snowboard instructor and helps to establish a comfort level in being with people with disabilities. The Junior Volunteer program is available during the winter season at the Sunday River Ski Resort or Sugarloaf locations. Summer opportunities are also available with Maine Adaptive and include cycling, paddling, golf, climbing and tennis programs. Maine Adaptive is confident that participating in the Junior Volunteer program will be rewarding.

### **Who we are**

Maine Adaptive is a 501(c)(3) non-profit organization that provides year round adaptive recreation programs to children and adults with permanent disabilities. Our mission is to develop and operate educational programs that encourage individuals with a disability to discover new abilities and independence through recreation.

The benefits of adaptive recreation including skiing, both alpine and cross country, snowboarding, snowshoeing, canoeing, kayaking, golf, tennis, climbing and cycling are numerous for people with disabilities. Developing physical strength, self-confidence, independence and social contacts are just some of the benefits seen when people get involved with Maine Adaptive.

### **The Junior Volunteer Program**

The program in winter consists of 3 preseason trainings and then, beginning in January, volunteering for a minimum of 6 days. The volunteer days consist of training sessions and working with participants. Whether in summer or winter, Junior Volunteers will be paired with Maine Adaptive volunteers who have expertise in the different phases of the adaptive sport and disabilities. Junior Volunteers will learn how to use adaptive equipment and understand the aspects of different disabilities and disability etiquette. Junior Volunteers will be paired with a seasoned volunteer and participant in an all day lesson.

### **Criteria**

- Must be 16 years of age before the program begins.
- Must provide own equipment for the sport of choice.
- Must be an intermediate-level skier/rider to volunteer for the winter program.
- Must have intermediate skill level in chosen summer sport
- Must make a commitment to a minimum of six days of volunteering.
- Must complete Maine Adaptive paperwork and have a parent signature on the release form

### **Benefits**

Junior volunteers will be provided with an understanding of disabilities and adaptive equipment. Any lift tickets needed during training and volunteering will be provided.

### **Insurance**

Volunteers at Maine Adaptive are not employees so are not covered under worker's compensation for accidents or injury. Volunteers are covered under Maine Adaptive liability insurance as additional insured.

### **Contact information**

For more information about the Maine Adaptive Junior Volunteer program contact us at Maine Adaptive, 8 Sundance Lane, Newry, ME 04261 or 207-824-2440 or via email at [info@maineadaptive.org](mailto:info@maineadaptive.org).



## **Parent Information Letter**

Hello!

We are very pleased that your teen is interested in participating as a junior volunteer with Maine Adaptive Sports & Recreation. For more than 15 years, Maine Adaptive has offered this program for teens who are 16 (before January) and 17 year olds. We are very excited to be able to offer this experience during our winter or summer program. Each potential Junior Volunteer must submit the Junior Volunteer Application along with a written recommendation from one of their teachers. A parental signature is required on the release forms before the teen can participate in the program.

During the Program in winter, Junior Volunteers will not need a lift ticket, they will be provided with a volunteer pass each day they participate. Instructional sessions about disabilities, adaptive equipment, teaching and disability etiquette will be taught by seasoned Maine Adaptive instructors. On most days the Junior Volunteers will be paired with a volunteer and participant team.

If this volunteer time is to fulfill any community service requirements, we would be happy to complete any paperwork or sign any necessary forms.

We look forward to meeting your teen and having them involved in the Maine Adaptive Junior Volunteer program this season and would ask that you reinforce the importance of making a commitment to attend all of the dates they sign up for, to receive the full benefit of the program. Please feel free to call Maine Adaptive if you have any questions.

Sincerely,

Nate Podgajny  
Program Director  
Maine Adaptive Sports & Recreation  
207-824-2440



## Junior Volunteer Application

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Current Mailing Address \_\_\_\_\_

Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone #: Primary \_\_\_\_\_ Secondary \_\_\_\_\_

Email Address \_\_\_\_\_

Parent or Guardian Name \_\_\_\_\_ Relationship \_\_\_\_\_

Address \_\_\_\_\_

Telephone #: Primary \_\_\_\_\_ Secondary \_\_\_\_\_

Name of School \_\_\_\_\_ Town and State \_\_\_\_\_

Will participation fill a school requirement?  Yes  No

Please explain: \_\_\_\_\_

Will you need a letter from Maine Adaptive to fulfill this requirement?  Yes  No

Advisor's name \_\_\_\_\_ Phone \_\_\_\_\_

Will you participate as a Junior Volunteer at:  Sunday River  Sugarloaf

Other: \_\_\_\_\_

Briefly explain your desire to participate in the Junior Volunteer Program:

**Skiing/Snowboard experience:**

**Alpine Skiing**

**Snowboard**

Years of experience

\_\_\_\_\_

\_\_\_\_\_

Have you taken lessons?

\_\_\_\_\_

\_\_\_\_\_

Please rate your ability  
(beginner, intermediate, advanced)

\_\_\_\_\_

\_\_\_\_\_

**Summer Sports Experience: Paddling**

**Cycling**

**Golf**

**Tennis**

**Climbing**

Years of Experience

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Have you taken lessons?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please rate your ability  
(beginner, intermediate, advanced)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
Signature (or printed name if completed on line)

\_\_\_\_\_  
Date

\*Please attach a letter of recommendation from a teacher, guidance counselor, or principal and return to:

Maine Adaptive Sports & Recreation  
PO Box 853  
Bethel, ME 04217

Or save a copy and email that copy to [info@maineadaptive.org](mailto:info@maineadaptive.org)