



JUNIOR VOLUNTEER PROGRAM

Maine Handicapped Skiing 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 MHS helps young people work towards becoming an adaptive ski or snowboard instructor and helps to establish a comfort level in being with people who have physical disabilities. The Junior Volunteer program is available during the winter season at the Sunday River Ski Resort location. MHS is confident that participating in the Junior Volunteer program will be rewarding.

Who we are

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

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

The Program

The program consists of 3 preseason trainings and typically six sessions held on Sundays and one Saturday, beginning in January. The volunteer days consist of training sessions and working with participants. Junior Volunteers will work with MHS volunteers who have expertise in the different phases of adaptive skiing and disabilities. Junior Volunteers will learn how to use adaptive equipment and understand the aspects of different disabilities. Some sessions will pair the Junior Volunteer 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 ski/snowboard equipment.
- Must be an intermediate level skier/riding.
- Must make a commitment to a six week program.
- Must complete MHS paperwork and have parent signature

Benefits

Junior volunteers will be provided with an understanding of disabilities and adaptive equipment.

Any lift tickets needed during training will be provided.

Insurance

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

Contact information

For more information about Maine Handicapped Skiing's Junior Volunteer program contact Judy Sullivan, Program Director at Maine Handicapped Skiing, 8 Sundance Lane, Newry, ME 04261 or 207-824-2440 or via email at jsullivan@skimhs.org.



Junior Volunteer Application

Date _____

Name _____ Date of Birth _____

Current Mailing Address _____

Town _____ State _____ Zip _____

Telephone #: Day _____ Cell _____

Email Address _____

Parent or Guardian Name _____ Relationship _____

Address _____

Telephone #: Day _____ Cell _____

Name of School _____ Town and State _____

Will participation fill a school requirement? Please explain: _____

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

Advisor's name _____ Phone _____

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

Skiing/Snowboard experience:	Downhill	Nordic	Snowboard
Years of experience	_____	_____	_____
Have you taken lessons?	_____	_____	_____
Please rate your ability (beginner, intermediate, advanced)	_____	_____	_____

Signature _____ Date _____

*Please attach a letter of recommendation from a teacher, guidance counselor, or principal and return to Maine Handicapped Skiing, 8 Sundance Lane, Newry, ME 04261

09/10