

How to Volunteer with Us

Coaches and Program Assistants are always needed for every program. We have two ways for you to get involved:

COACHES: If lack of experience is preventing you from getting involved, we can help. Prior to any league season, our professional staff will coordinate a coaches training session for all coaches, returning and new alike. Our staff will develop packets for each coach, including league rules, mock practice plans, and any other pertinent information to that specific league/program. Once the coach's training session is completed, all coaches will qualify for our Coaches Reward Program. We feel like all of our coaches deserve a little more in return for their time and efforts than just a hand shake and thank you. Please contact your Program Supervisor for more information.

PROGRAM ASSISTANTS: Are you looking for leadership opportunities, a way to increase your volunteer hours for school, or build your resume? Becoming a Volunteer Program Assistant could be just for you! Potential Program Assistants who sign up will be trained in leadership, customer service, and program and event management by our staff at The Lake Forest Recreation Department. After two classroom training sessions, you will be able to jump on the field and/or court to work with our staff to help manage programs. Participants will be contacted after signing up with classroom dates/times and the program curriculum. There is no cost associated with this program and it is a great way for you to get your foot in the door! Please contact Anthony Anaszewicz, Athletics Program Manager, at 847.810.3945 for more details.

NOTE: All staff related disciplinary policies, rules, and regulations apply to any volunteer coaches and/or assistants during the time of the program/league they are involved in.

VOLUNTEER FORM

Please check the position desired and then fill out the appropriate section below. Please submit to Ken Pierini, *Athletics Program Supervisor*, at pierinik@cityoflakeforest.com OR Jason Olson, *Athletics Program Supervisor*, at olsonj@cityoflakeforest.com.

VOLUNTEER ATHLETICS COACH:

VOLUNTEER PROGRAM ASSISTANT:

VOLUNTEER COACH CONTACT INFORMATION

Name: _____

Phone Number (Cell): _____ E-mail: _____

Address: _____

Driver's License Number: _____ OR SSN: _____

Which program(s) do you wish to volunteer in?

Have you volunteered in any City of Lake Forest Program areas before? If so, please list.

If not, please list/describe previous volunteer experience pertinent to your intentions above:

VOLUNTEER PROGRAM ASSISTANT CONTACT INFORMATION

Name: _____

Phone Number (Cell): _____ E-mail: _____

Address: _____

Driver's License Number: _____ OR SSN: _____

Which program(s) do you wish to volunteer in?

Have you volunteered in any City of Lake Forest Program areas before? If so, please list.

If not, please list/describe previous volunteer experience pertinent to your intentions above:

School you attend: _____ Grade: _____

Are you 15 years of age or older? Yes No