



Breakdown-Powerlifting

Volunteer Information

Date: Saturday, June 10th

Time: 1:00pm-5:00pm

Volunteer Check-In Location: Ithaca College, Athletics & Events (A&E) Center

Competition Location: Ithaca College, Fitness Center

Address:

150 Lyceum Drive, Ithaca, NY 14850

Parking: Park in Lot M

Check-In: Walk into the A&E Center, lower level. Check in at the volunteer registration table.

COVID-19 vaccination is **not** required to volunteer at these games. However, if you are vaccinated, please let us know for our rate records.

If you pre-registered online, give your name and show your ID to be checked in. If you have not been able to pre-register, be prepared to fill out volunteer paperwork and show your ID.

Please make sure to get a Special Olympics NY credential and write your name on it. This is used to identify each of the volunteers.

Training: After you are all checked in and have your credential, walk to the Fitness Center. Training is on-site. Heavy lifting up to 45 pounds is required.

Lunch is not provided- please bring a bag lunch with you if needed.

Description: Breakdown volunteers ensure the second half of competition day is smooth. Powerlifting competition is estimated to finish around 4:30pm. Before competition is finished, breakdown volunteers will check in with Venue Captains to see if any sport roles need assistance or venue roles such as refilling water stations. If not, please check out the final lifts and cheer on our athletes! Once the competition is complete, assist with breaking down equipment, loading into vehicles, and general cleanup. *Many tasks will require heavy lifting up to 45 pounds.*

Thank you for being a part of the 2023 Summer Games volunteer team!

