



Powerlifting

Volunteer Information

Date: Saturday, June 10th

Time: 7:15am-4:45pm

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 by 7:30am. 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: Be on the mat and hear the grunts! We won't ask you to squat or deadlift, but you are needed to assist as spotters and rackers - support lifts, help return weights safely to the rack, help guide the weight during a lift if necessary, and other needs as determined at the event.

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

