

## **Performance Stations**

- **Date:** Friday, February 20th
- **Time:** 5pm-7pm
- **Location:** Rochester Riverside Convention Center
- **Volunteer Opportunity Details -**
  - Volunteers will assist with duties such as station setup/breakdown and work with the Station Captain to engage and educate athletes on their assigned fitness station topic. Performance Stations are designed to educate athletes and their supporters in fitness: nutrition, hydration and physical activity. These stations directly connect fitness to sport performance, and show how incorporating these can enhance training, performance at competition, and health. Station focuses include: Competition Readiness, Game Day Minds, Nutrition, Hydration, Physical Activity, The Pledge Wall, and Giveaways
  - Volunteers can be undergraduate/graduate students in any health/fitness related discipline or health/fitness professionals
  - Reach out to [health@nyso.org](mailto:health@nyso.org) if you are interested in volunteering!

## **Healthy Athletes**

- **Date:** Saturday, February 21st
- **Time:** 5pm-8:30pm
- **Location:** Rochester Riverside Convention Center (123 East Main Street Rochester, NY 14604)
- **Volunteer Opportunity Details -**
  - Special Olympics New York is a sports organization but also has a strong focus on the health and wellness of our athletes. At most large sports competitions, we offer our Healthy Athletes free health screenings to any athletes that would like to go through them. There is a great disparity in the quality of healthcare that people with intellectual disabilities receive as compared to the general population, and we aim to close this gap and provide necessary baseline checks for our athletes in multiple health disciplines. We also utilize these screenings to train current and future healthcare professionals about working with people with ID, so they can take their increased knowledge of and compassion for people with intellectual disabilities into their current or future practice. These screenings require volunteers that are either students or licensed professionals in their health discipline. There are additional opportunities for general volunteers that assist with the setup, check-in and activity flow of the screenings.
  - Volunteers will assist with duties such as athlete registration, station setup/breakdown and working with the Clinical Director to screen athletes in the core components of each discipline, record findings, enter data, and distribute information.
  - **Volunteers needed for the following disciplines:** FUNFitness (physical therapy), Health Promotion (general health & wellness), Opening Eyes (vision screening), Special Smiles (dentistry), FitFeet (podiatry), Healthy Hearing (Audiology), and Strong Minds (emotional health)

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