



Ironhawk Juniors Triathlon Club  
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## Volunteers Needed!

Looking for a fun volunteer opportunity? Volunteer for the Ironhawk Juniors (IHJ) Triathlon Club (IHJ). Each summer, IHJ provides a free, multi-week training program for girls ages 7-14. Led by volunteer coaches, the program strives to engage youth in physical fitness, teach them to accomplish what might seem impossible, and to respect their peers. Volunteers do not need to be triathletes. The minimum age to volunteer is 15. Training sessions will be held on Thursdays, June 6th - July 25<sup>th</sup> (no practice on July 4), from 5:45-7:45pm. The final triathlon event is Sunday, July 28th from 8am – 12pm. All activities take place at the College of St Mary, 72nd & Mercy Rd.

Volunteer opportunities include:

**Group leader** – Manage a small group of juniors, guiding them through each week's activity, promoting group cohesion. For new volunteers, we will pair you with an experienced group leader. We prefer volunteer group leaders who can commit to the entire summer program but will work with your schedule.

**Swim assistant** - Assist with weekly swim activity. This position requires knowledge of swimming and a willingness to be in the pool.

**Bike assistant** - Assist with development of bike skills and accompany the participants on practice rides. You must provide your own bike and helmet and be comfortable riding with participants on the Keystone Trail.

**Run assistant** - Assist with weekly run related activities. Running experience is not required! You will assist with set up of the weekly run activities.

**General assistant** - Assist with miscellaneous activities, including set-up, tear down, distribution of snacks, etc.

**Event Day Volunteer** - Multiple opportunities including participant check-in, swim, bike and run course volunteers, finish line assistants, parking/traffic director, and others.

Volunteer registration opens on March 1st.

Volunteer registration link: <https://signup.com/go/EcLmZUQ>

For more information contact:

Kris Story, Ironhawk Volunteer Coordinator, 402-290-4048

[ihjtcvolunteers@gmail.com](mailto:ihjtcvolunteers@gmail.com)

Kristie Gray, Assistant Volunteer Coordinator 402-305-0519

Visit our website: [www.ironhawkjuniors.org](http://www.ironhawkjuniors.org)

Please consider volunteering, it will be the most fun you will have all summer!