



SRDM/Iowa Kidstrong, Inc.

Phone: 515-771-1140

E-Mail: cindy@iowakidstrong.com

www.iowakidstrong.com

SRDM Leadership and Volunteer Structure and Needs

The goal of this structure is to implement and maintain the See-Us Run Des Moines (SRDM) program in the most successful way possible. Through the outlined structure, staff and volunteers can more carefully target efforts allowing the collective benefit of streamlined communication and support of SRDM's core values. If you would like to be a part of SRDM in any of the roles that follow, please fill out the form on the last page and return to Cindy Elsbernd.

SRDM Program Director: Cindy Elsbernd, Iowa Kidstrong, Inc.

SRDM Coach: Korrie Hoskins

The SRDM Coach is committed fully to the SRDM program and its implementation from start to finish. The SRDM Coach helps develop and guide the training program as well as any corresponding program curriculum. The SRDM Coach and the SRDM Program Director provide orientation and guidance to the SRDM Captains, SRDM Mentors and volunteer corps and to the participating students. The SRDM Coach will assist in communication with SRDM Captains and SRDM Mentors to guide them in facilitating their responsibilities and help ensure their continued engagement in and understanding of the program and its intended outcomes.

SRDM Student Support Liaisons

1 per participating school needed --

The SRDM Student Support Liaison is a school staff member who will champion the SRDM Program at their school and help refer and recruit students to the SRDM program. The SRDM Student Support Liaison will be the contact person regarding any issues revolving around participating students' grades, attendance, behavior, or other areas of concern or question that may arise during SRDM sessions and events.

SRDM Captains

1 per participating school needed

The SRDM Captain is committed fully to the SRDM program and its implementation from start to finish. The SRDM Captain attends and supervises every practice run, SRDM event, and meeting throughout the SRDM season.* The SRDM Captain will train with the students, help the SRDM Program Director and SRDM Coach provide orientation and guidance to the SRDM Mentors and volunteer corps and to the participating students. With guidance from the SRDM Director and SRDM Coach, the SRDM Captain will communicate with Mentors to facilitate coordination of race registrations and paperwork for participating students; facilitate reminders for students of important SRDM deadlines and events; ensure their continued engagement in the program; remember the vision and mission of SRDM and the importance of doing this work for our students; discuss the focus of each week's practice schedule and weekend run; and other roles defined throughout implementation process.



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SRDM Running Mentors & Teacher Mentors¹

Multiple needed

An SRDM Running Mentor is someone who would like to focus his/her running and mentoring efforts toward supporting 1-4 selected students. As an SRDM Mentor, you will need to:

- Attend most weekend long runs (try not to miss more than 1 per month)*
- Attend weekday training runs when available* and as often as possible.
- Attend SRDM events which will include the selected community races once per month along with our kick-off event Tuesday, April 20 *
- Attend SRDM Advisory Committee meetings as often as possible (schedule TBD).*
- Partner with another Running Mentor so that students are covered when you are unable to be there (SRDM will assign partners).
- Develop relationships and train with 1-4 specific students. Your relationships with them will help them enjoy the program, believe in themselves, stay in the program, attend training sessions and succeed in their goal of completing the marathon.
- Remind students of important SRDM deadline and events.
- Communicate with these students in person at Saturday runs, and during the week through phone calls, text messages and emails.
- Address any concerns you have about the students' attendance, attitudes, and challenges and communicate information to the SRDM Captain, Coach, and/or Program Director
- Encourage students to interact with each other and the volunteers during training and events.
- Help provide transportation to and from training and events for students if/when needed.
- Pace your runs with the students. **STUDENTS WILL NOT BE SETTING TIME GOALS FOR THE MARATHON AND SHOULD NOT BE ENCOURAGED TO DO SO!!!** We want students to feel success with both the process and the outcome.
- Be available to answer students' questions about SRDM. However, if you don't know the answer to something, don't guess; just ask an SRDM staff member or another volunteer.
- Be a consistent and positive role model. Be a cheerleader, a listener, an adult friend, and an embodiment of "I believe in you." Remember that you are doing this for the students and that this is not "your run;" it is to support our students to be brilliant, strong, and see their own perseverance.
- Maintain high expectation for our students. They are fully capable of completing the marathon and growing because of the experience. Talk about the great things they can do. Hold them to their potential and show them, through your words and actions, that you expect nothing less.
- Be physically and mentally ***prepared to run the marathon with your students.***
- Other roles defined throughout implementation process

**Communicate to SRDM Captain, Coach and/or Program Director, "Partner Mentor," and students if you won't be at a weekend run or event and if you will be at a weekday run.*

A Running Mentor ***does not have to be an experienced runner or marathon runner!***

See-Us Run Des Moines will provide training and support throughout the program.

¹ *Teacher Mentors are School Staff and the same guidelines apply.*

Please indicate Staff on your application.

Orientation for SRDM Mentors will be held with date, time & location TBD.



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SRDM Running Support Volunteers

Multiple needed

An SRDM Running Support Volunteer is someone who would like to be involved with the program and share his/her running efforts but cannot make the time commitment needed to fulfill the Running Mentor role. As a Running Support Volunteer, you will need to:

- Attend an average of one weekend long run per month (more if you'd like). *
- Attend weekday training runs when available *
- Help with at least one SRDM event. These events include the selected community races scheduled once per month, community service opportunities, as well as our kick-off event Tuesday, April 20 *
- Be a consistent and positive role model. Be a cheerleader, a listener, an adult friend, and an embodiment of "I believe in you."
- Maintain high expectation for our students. They are fully capable of completing the marathon and growing because of the experience. Talk about the great things they can do. Hold them to their potential and show them, through your words and actions, that you expect nothing less.
- Try to run with different students when you come and at different places in the pack. Don't "claim" a student – make connections and share yourself with others.
- Experience what it means to support a student who is slow or struggling.
- Always embody the fact that you are doing this for the students. This is not your run; it is to support our students to continue to be brilliant, strong, and have evidence of their own perseverance.
- Pace your runs with the students. **STUDENTS WILL NOT BE SETTING TIME GOALS FOR THE MARATHON AND SHOULD NOT BE ENCOURAGED TO DO SO!!!** We want students to feel success with both the process and the outcome.
- Help provide transportation to and from training and events for students if/when needed.

**Contact the Program Coordinator to sign up for the dates you plan to come so we can plan accordingly.*

A Running Support Volunteer ***does not have to be an experienced runner or marathon runner!***
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SRDM Care Corps

Multiple needed – Applications accepted ongoing

There are many opportunities to engage in SRDM that do not involve running. SRDM Care Corps members may fulfill a variety of needs for the SRDM program including but not limited to:

- Guest speakers /Guest "Teacher" for our educational sessions in areas including fitness, nutrition, goal setting, as well as any other subject relevant to healthy and successful living.
- Drivers for events
- Training Run and Event Support (water stations and course support, etc.)
- Community Service Coordination
- Pre-Conditioning Sessions – develop/facilitate fun workouts to get students motivated
- Tutoring Students in need of extra help in various subject areas
- Help Plan for Events including for participation in our selected community races
- Transportation Coordination (for practices, for races, for field trips)
- Help develop and schedule weekly e-mail tips for students and running volunteers
- Public Relations Roles
 - Write Press Releases
 - Help establish a PR schedule/contacts
 - Newsletter (development, content, publishing, etc.)
 - Blog development, content, etc.
 - Website Development
 - Photography
 - Videography
 - Other
- FUND RAISING and Securing In-Kind Donations
- Sharing work experience with students, internships and job opportunities, etc.
- Financial Support (all donations are tax deductible)
- Other*

**The sky's the limit. If you have an area of expertise that you would like to share or an idea that you think worthwhile, please let us know.*