

See-Us Run Des Moines Leadership Structure and Volunteer Needs

The goal of this structure is to implement and maintain the 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.

Student Support Liaison: Laura Amsler, Roosevelt High School

The Student Support Liaison will refer students to the SRDM program. This person will also 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 Team Captain: Korrie Hoskins

The Team Captain is committed fully to the SRDM program and its implementation from start to finish. The Team Captain attends and supervises every practice run, SRDM event, and meeting throughout the SRDM season. The Team Captain will train with the students, help the SRDM Program Director provide orientation and guidance to the volunteer corps and to the participating students. The Team 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.

SRDM VOLUNTEERS NEEDED ***(Note Application Deadlines)***

Please see the pages that follow for more information on the following:

- SRDM Running Mentors and Teacher Mentors *(Applications due by Monday, March 22, 2010)*
 - SRDM Running Support Volunteers *(Applications due by Monday, March 22, 2010)*
 - SRDM Advisory Committee Positions *(Applications accepted ongoing)*
 - Friends of SRDM - multiple opportunities *(Applications accepted ongoing)*

See-Us Run Des Moines

www.iowakidstrong.com

SRDM/Iowa Kidstrong, Inc.
659 46th Street, Des Moines, IA 50312
Phone: 515-771-1140
E-Mail: cindy@iowakidstrong.com
www.iowakidstrong.com

See-Us Run Des Moines Running Mentors & Teacher Mentors¹

An SRDM Running Mentor is someone who would like to focus his/her running and mentoring efforts toward supporting 2-4 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 2-4 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 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 (Since this is the inaugural program year for SRDM, so we will be working through the implementation process together and learning and documenting best practices as we go).

**Communicate to Team Captain, 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 Roosevelt High School Staff and the same guidelines apply.**
Please indicate THRS Staff on your application.

Orientation for Running Mentors will be held on Saturday, March 27 (time & location TBD).

SRDM is not a Des Moines Public Schools Program. Contact cindy@iowakidstrong.com for more information.

(Revised 2/2010)

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See-Us Run Des Moines Running Support Volunteers

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

***Orientation for Running Support Volunteers will be held on
Saturday, March 27 (time & location TBD).***

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See-Us Run Des Moines Advisory Committee

The goal of the SRDM Advisory Committee is to provide a forum for discussion of what is working and what is not, new ideas, concerns and questions, planning, and anything relevant to execution of the program in the most successful way possible and to more carefully target efforts allowing the collective benefit of streamlined communication and support of SRDM's core values.

The Advisory Committee will ideally consist of the following:

Director: Cindy Elsbernd
Team Captain: Korrie Hoskins
Student Support Liaison
Running Mentors
Public Relations Member*
Community Service Member*
Development (Fundraising Member)*
Dietician/Nutritionist Member*
Event Planning Member*
Other Member(s)

Please list Advisory Committee on your volunteer application and indicate the area of expertise from above that you'd like to represent.

SRDM Advisory Committee meeting schedule TBD.

Friends of See-Us Run Des Moines

There are also many opportunities to engage in SRDM that do not involve running. Friends of SRDM 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, course support, bike 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 and 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.*

SRDM Volunteer Application

Please complete this application for any of the volunteer positions listed and mail to Cindy Elsbernd, SRDM/Iowa Kidstrong, 659 46th Street, Des Moines, IA 50312 or e-mail it to cindy@iowakidstrong.com.

Application Date _____ Volunteer Position(s) Sought _____

Name _____

Address _____

Phone _____ Cell _____ E-Mail _____

Education

Highest Level of Education _____

If you are currently a college student please indicate:

Area of study _____ Anticipated year of graduation/degree _____

School name _____

Address _____

Would you like us to inform this institution of your volunteer service and achievement? Yes No

Current Employer (if applicable)

Position/Title _____ Dates of Employment (start/end) _____

Company/Employer _____

Address _____

Would you like us to inform your employer of your volunteer service and achievement? Yes No

Special training, skills, hobbies _____

Groups, clubs, organizational memberships _____

Please describe your prior volunteer experience (include organization names and dates of service)

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SRDM Volunteer Application (Continued)

What experiences have you had that may prepare you to work as a volunteer for this program?

What do you hope to gain from this volunteer experience?

Have you ever been convicted of a crime? Yes No

(If yes, please explain the nature of the crime and the date of the conviction and disposition. Conviction of a crime is not an automatic disqualification for volunteer work.)

Do you have a driver's license? Yes No

Do you have car insurance? Yes No

Do you have a vehicle available for transporting others? Yes No

REFERENCES:

Please list three people who know you well and can attest to your character, skills and dependability.

Name/Organization	Relationship to You	Phone	Length of relationship
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1.

2.

3.

Please read the following carefully before signing this application:

I understand that this is an application for and not a commitment or promise of a volunteer position. I certify that I have and will provide information that is true, correct, and complete to the best of my knowledge throughout the selection process, including on this application and in any interviews with Iowa Kidstrong, Inc. that may follow. I certify that I have and will answer all questions to the best of my ability and that I have not and will not withhold any information that would unfavorably affect my application for a volunteer position including any necessary background checks, medical releases, and other documents necessary to participate as a volunteer for this program. I understand that information contained on my application will be verified by Iowa Kidstrong, Inc. I understand that misrepresentations or omissions may be cause for my immediate rejection as an applicant for a volunteer position with Iowa Kidstrong, Inc.'s SRDM program or my termination as a volunteer.

Signature _____ Date _____