



PERFORMANCE STATIONS

Performance Stations are events held at or near the field of play at tournaments or Games that educate and activate athletes, Unified Partners, and coaches in the tenets of fitness: nutrition, hydration and physical activity. The stations directly connect fitness to sport performance and shows how incorporating these tenets can enhance training, competition and health.

Performance Station events will remind both participants and volunteers that physical fitness is an important part of the mission of Special Olympics. In addition, Performance Stations will open doors for future fitness opportunities for Special Olympics athletes by encouraging them to participate in fitness programming (i.e. starting an inclusive fitness class, advocating for inclusive gym and health/wellness centers and facilities, becoming a wellness coach, etc.).

POSITION DESCRIPTION

- Participate in a training on Special Olympics' Health Strategy and the role Athlete Leaders have
- Teach others about Special Olympics, particularly its health and fitness work
- Promote a culture of health and fitness within Performance Stations event
- Attend Performance Stations trainings, as requested by Program staff
- Support Event Coordinators, Station Captains and other volunteers at the Performance Stations event. This may include assisting at specific stations, such as:
 - Physical Activity: demonstrate and lead warm-ups, cool-downs and/or fitness challenges
 - Pledge Wall: inspire other athletes by sharing your fitness goal(s) while helping them to create their own personal goal
 - Local Opportunities: share experiences with fitness and motivate others to join fitness programming
- Promote and recruit athletes, Unified Partners and coaches to come to Performance Stations
- Provide thoughtful and comprehensive feedback on Performance Stations at the end of the event
- Be a role model to other athletes by leading a healthy lifestyle

ELIGIBILITY

- Interested in Special Olympics' fitness initiatives
- Willing and able to complete trainings, as needed, on Special Olympics Health and Performance Stations
- Feels comfortable presenting and networking in different situations
- Able to commit to serving in the role for the duration of the Performance Stations event