Sports Assistant

Training

Worksheet

**Lesson 4**: Being a Sport Assistant

**Sports Assistant Training**

Worksheet

**Instructions**

1. Read the roles and responsibilities of a Level 1 – Sport Assistant and describe examples of these roles.
2. Read the qualities of a successful Sport Assistant. What are examples of these qualities and why are they important?
3. Complete the activities in the worksheet.

**What is a Level 1 – Sport Assistant:**

* Level 1 Sport Assistant is a volunteer role the first step in the Special Olympics coach pathway.
* Sport Assistants work directly with Coaches and Head Coaches to assist athletes during practices and competitions. They also help Coaches with supportive duties instrumental to having a successful practice.
* Sport Assistants draw on their experience as SO athletes to motivate and encourage others and to help athletes set performance goals.
* Sport Assistants must work WITH their coaching team to determine which tasks they will have responsibility for and what needs to be done.
* Sport Assistant is a “pre-coaching” role, designed to help you build confidence and learn about being a sport leader.

**Roles and Responsibilities of a Level 1 – Sport Assistant**

Following are some defined roles you may be asked to do as a Sport Assistant. It’s important to know what is involved in performing those roles.

**Let’s work together to define the specific tasks associated with each of these roles:**

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| **Athlete and Team Support** |
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|  | **Escorting athletes** |
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|  |  |
|  | **Taking attendance** |
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|  | **Managing water stations** |
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|  |  |
|  | **Maintain athlete & team paperwork** |
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| **Uniforms, equipment & facilities support** |
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|  | **Distribute & collect uniforms** |
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|  |  |
|  | **Distribute & collect equipment** |
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|  |  |
|  | **Field and/or court set-up** |
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|  |  |
|  | **Survey the playing area for safety hazards and notify the Coach.** |
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| **Support coaches** |
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|  | **Distribute schedules and rosters to Assistant Coaches and families of athletes.** |
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|  | **Perform other duties as assigned by the coach.** |
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Now, you should think about your own Sport Assistant role. If you do not know which coaching team you will be working with, think about training sessions/practices you attended as an athlete.

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| **Can you identify 8-10 tasks that you can suggest to your coaching team that you can be responsible for?**  |
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You should bring this list of tasks to your first meeting with your coaching team. You can present this list to the coaching team, sharing some ideas on how you can support them as a Sport Assistant. Then, you can work with them to agree which tasks you should do and when you need to do them.

**Personal Qualities that will make you a good sport leader**

1. What does it mean to be a good role model?

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1. Share an example of someone who was a good role model to you.

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1. How will you be a good role model as a Sport Assistant to the athletes on your team?

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