To potential Saturday Sidekicks Volunteers:

We welcome your participation! The program starts Jan 31st and runs for 8 weeks on Saturday mornings, through April 4th, with two weeks off for spring break (March 14th and 21st). Saturday Sidekicks is a physical activity program for children and teens with disabilities. Disabilities include cerebral palsy, autism, Down Syndrome, and many others.

You will be working with one child or teen in each session, encouraging and motivating them to participate, interact, and learn new skills. There will be structured group activities and also less structured stations set up around the gym. Several experienced SSU students help me coordinate the program, and we are there to support you.

We need volunteers who can commit to consistent attendance, since the children depend on the volunteers to be there and they develop close bonds! If you will need to miss one session, we can usually manage, but missing more than one session can be problematic, so please make sure you’ll be able to commit to coming consistently for the 8 weeks.

There are three hour-long sessions, at 9am, 10am, and 11:15 am. You can sign up for 1 or more sessions per week for the 8 weeks. I will try to accommodate your first choice of session, but I need to balance volunteers among the sessions to make sure we have coverage for all the participants, so the more flexible you are, the better!

We will be having an orientation for new volunteers Tuesday, Jan 27th from 5-6pm, in the fieldhouse in the PE building at Sonoma State (the same building as the main gym, right across the courtyard).

Please email me and let me know if/how you’d like to be involved: elaine.mchugh@sonoma.edu

Elaine