



Fall Programming

NWABA provides fall sports and activities from September to November.
See below for ways that you can be involved!

Hiking

- Paired one-on-one with an athlete or with a group of athletes and other volunteers
- Use bells, verbal communication, or other auditory cues to guide athletes
- Any adaptive equipment used to assist athletes will be provided by NWABA

Tandem Biking

- Paired one-on-one with an athlete; stay with the assigned group of athletes and other volunteers
- You, the “captain,” ride on the front seat to steer and communicate with the athlete
- Give verbal cues and provide descriptions of the scenery while riding with the athlete
- All equipment will be provided. Feel free to bring your own helmet!

Goalball

- Assist in laying down the goalball courts and distributing the correct equipment (elbow and knee pads, eyeshades)
- Assist athletes and staff with offense and defense drills
- Watch training videos and review other resources provided by NWABA

Swimming

- NWABA’s swimming clinics are structured as lessons with some free time at the end of the clinic
- Swim one-on-one with an athlete and give directions to improve their swimming skills using verbal and physical demonstrations
- NWABA will provide laminated sheets and grease pencils to track the athlete’s progress throughout the clinic. An athlete assessment of what was worked on will be completed at the end
- We ask that volunteers have a solid foundation of swimming skills to participate

For upcoming events and current opportunities to get involved, visit www.nwaba.org.