



Spring Programming

NWABA provides spring sports and activities from March to May.
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/pilot,” 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!

Track and Field Meet (OR)

- Guide athletes who are running, keep time for races, or help out with field events
- Write on ribbons and distribute them to athletes
- Lunch is included

Easter Egg Hunt

- Assist athletes with finding beeping eggs
- Stuff eggs with candy and place them on the field after each egg hunt is over
- Be a tandem bike captain or help run games of 5-a-side soccer

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