



Winter Programming

NWABA provides winter sports and activities from December to February.
See below for ways that you can be involved!

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
- We ask that volunteers have a solid foundation of swimming skills to participate

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; act as a line judge
- Training will be provided prior to playing
- Watch training videos and review other resources provided by NWABA

Hockey

- Assist athletes with gear ensuring that everything is fitted properly
- Skate one-on-one with an athlete and give directions to improve their skating skills using verbal and physical demonstrations
- We ask that volunteers have a solid foundation of skating skills to participate

Skiing and Snowboarding

- Guide athletes in the parking lot, lodge, rental area and using gear, etc.
- Act as a blocker to alert other skiers/snowboarders that our athletes need more space on the mountain. In specific regions, volunteers will either ride with an athlete and instructor from the mountain or be the sole instructor with the volunteer
- Costs (lift tickets, transportation) can be covered for the day

Snowshoeing

- Assist athletes with fitting snowshoes
- Paired one-on-one with an athlete or with a group of athletes and other volunteers
- Costs (equipment) will be covered for the day

Cross Country Skiing

- Assist athletes with equipment
- Paired one-on-one with an athlete or with a group of athletes and other volunteers
- Costs (equipment) will be covered for the day

Camp Spark

- Stay with athletes and staff for the weekend
- Assist in winter sport activities, including skiing/snowboarding, cross country skiing, snow tubing, and more
- Costs (food and housing) will be covered for the weekend