

Special Olympics Ireland provides year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with an intellectual disability, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendships with their families, other Special Olympics athletes and the community. Special Olympics Ireland has 11,000 athletes supported by over 20,000 registered volunteers.

We guarantee a wide range of volunteer opportunities to suit everybody. Special Olympics Ireland is divided into five regions; Connaught, Eastern, Leinster, Munster and Ulster. All opportunities listed below are available in each region.



## Clubs

Club volunteers are needed all year round to help out with our 400+ local clubs that provide training for our 11,000 athletes. Volunteering in a community based club can be weekly/fortnightly. Knowledge of the sport is a bonus but not essential for some roles within the club.

## Coaching & Sports Development

We are always looking for National Governing Bodies (NGBs) qualified coaches to train our 11,000 athletes. We have clubs throughout the country taking part in one or more of our 14 sports. (alpine skiing, athletics, aquatics, badminton, basketball, bocce, bowling, equestrian, football, gymnastics, kayaking, golf, pitch & putt and table tennis). Training is available for coaches who have no experience coaching people with an intellectual disability.

## Competition Events

An event is a single day sports competition that involves athletes from several clubs accompanied by their coaches, gathering in one location to take part in official competition. These events are planned and run completely by volunteers. Volunteers have the option of getting involved in the planning of the event or just helping on the day itself. Event volunteering is suited to people who might be interested in event management/planning or even for people who are interested in volunteering just on the day. Knowledge of the sport is a bonus but not essential. All the regions are currently recruiting for our 2010-2011 calendar.



## Athlete Leadership Programme (ALPs) Mentoring opportunities

This programme offers current and former athletes (who are over 16 years old) the means to explore opportunities outside of sports training and competition. ALPs empowers athletes to take on new and challenging roles including public speaking, coaching, officiating, committee work and the opportunity to volunteer in a variety of roles.

Mentors in the ALPs programme work closely with the athlete to develop their skills and support them as they participate the ALPs Award Scheme. Key responsibilities include; attendance at meetings/workshops and working directly with the athlete to improve their writing and public speaking skills.

\*Note: Mentors must be over 18yrs.

## Fundraising

Our All Ireland Collection Day will be held on Friday April 15th. We need collectors in towns all over the country to make the event a success.  
[Text COLLECT followed by your NAME to 51444 (ROI) or 86122 (NI)]



With just 25% of our funding coming from grants, we rely on the support of our sponsors, members and general public to fundraise the remainder of our funding. You can support us by organising a fundraising event in your local area. From charity balls to leg waxing, we have loads of ideas on the website and we can provide support material to help you run your event.

*\*Note: You don't need to register as a volunteer to take part in fundraising events.*



## Volunteer Tutors

We are seeking volunteer tutors for a number of Special Olympics Ireland programmes including, Volunteer Induction, Intellectual Disability Modules and Code of Ethics and Good Practice. If you have experience in training and are a good public speaker, we would love to hear from you.

## E-Learning Development

Are you a trainer experienced in a blended learning approach to education? Do you want to be involved in the exciting development of the Special Olympics Ireland e-learning programme?

## Administration

Each of the five regional offices and central office in Dublin have their own Volunteer Support Centre. Each of these centres are run by volunteers who provide administrative support to the offices. Volunteer Support Centres are responsible for communication with our volunteers. Tasks include, database work, phone calls, emails, recruiting for events, mail-outs and much more.



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## How To Get Involved?

### Apply As A Volunteer

You can do this either of two ways; apply online or complete a hardcopy application form. All volunteers are subject to a vetting check (vetting checks can take 12-16 weeks to process).

### Decide How You Want To Get Involved

There is more information on our website or you can phone our Volunteer Support Centres to discuss volunteer vacancies in your local area.

### Get Active

When you complete the registration process and have signed up for a volunteer position you will be issued with your Volunteer Membership Card which enables you to get involved and become active in the programme.

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