

# **STUDENT MENTORS & ADULT COACHES WANTED FOR PASCACK VALLEY NAVIGATORS PROGRAM**

*Modified Soccer, Basketball, Baseball, and Track  
for children with special needs ages 5 through 18.*

Our goal is to teach the basic skills of each sport,  
Encourage teamwork, exercise, socialize and have lots of fun!  
Rutgers-certified parent-coaches facilitate the sessions.

**STUDENT MENTORS ARE NEEDED TO CHALLENGE, MOTIVATE AND  
HELP THE PLAYERS ONE ON ONE!  
YOU DO NOT NEED REC OR TRAVEL EXPERIENCE  
WITH ANY OF THE SPORTS TO HELP OUT.**

**Youth mentors should be grades 5 through 12.**

Mentors will earn community service hours by participating.

There is no commitment – volunteer as much as your schedule allows!

**Adult coaches** need to have taken the Rutgers SAFTEY course, watched the online  
concussion video and get fingerprinted (fees will be covered).

Sessions are 90 minutes on Saturdays or Sundays

**Contact:** [pascackvalleynavigators@gmail.com](mailto:pascackvalleynavigators@gmail.com)

**Visit Us:** <https://sites.google.com/site/pascackvalleynavigators/home>  
or at Pascack Valley Navigators on Facebook

To register: <https://register.communitypass.net/hillsdale>

Select Hillsdale Recreation  
NAVIGATORS MENTORS

Choose the programs you wish to participate in:

Fall Soccer on Saturdays, September - October

Winter Basketball on Saturdays, January - February

Spring Track on Sundays, April - June

Please enable General and Alert communications so you can receive last minute updates.  
There is no fee and you automatically stay enrolled through your 18th year or you ask to  
withdraw.

Navigator Soccer will kick off Saturday, September 9th, 2023

Sessions are 1 - 2:30PM at the Harada Soccer Complex at Centennial Field,  
Kinderkamack Rd. at Lincoln Ave., Hillsdale.

Session Dates (tentative): 9/09, 9/16, 9/23, 09/30, 10/7, 10/14, 10/21, 10/28 and 11/4

Please add [info@communitypass.net](mailto:info@communitypass.net) to your contacts so emails about sessions don't go to your spam/junk folder. There is no fee.

If you are a student, please consult with your parents and use your existing Community Pass family account to register.

You can also check for session updates on our Google Page or Facebook.

<https://sites.google.com/site/pascackvalleynavigators/>  
or, Pascack Valley Navigators on Facebook

### **What To Expect:**

**Mentors** will be paired up with one or two players to help guide and motivate them through the exercises and drill stations. Building social bridges during the sessions is also important. Engage them in conversations and encourage them to speak with you and their teammates. Keep them engaged by doing ball exercises while waiting in line.

The player's ages are five through 18 and have different abilities and challenges. This is why having one-on-one mentors is vital. Don't worry if the player doesn't stay on task. Come up with your own activity with the ball that might be enticing! If you need help, ask a coach!

Make sure you sign in so we can track your hours. Wear sneakers with good tread. Bring water in a reusable canteen. Safety first: Do not shoot or kick the ball around when on water breaks or any other time. The gym/field is crowded and our kids do not have quick reaction times to deflect unexpected errant balls.

**Coaches** help set up and manage the warm ups and break out sessions. They demonstrate the skills and drills and keep the stations running safely and smoothly. They help the mentors when needed.

Rutgers SAFTEY are offered periodically.

Fingerprinting: <https://uenroll.identogo.com> to set up an appointment.

Codes needed: 2F1J3Y for volunteers and our contributors number is B08007.

### **Activities include:**

Warm-ups and stretches

Ball handling and coordination drills

Dribbling, passing and shooting stations.

Short side scrimmages.