

STUDENT MENTORS WANTED FOR PASCACK VALLEY NAVIGATORS SPORTS PROGRAMS

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

Contact: 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>

Students need to consult with their parents. There is no fee for mentoring.

Enable General and Alert communications so you can receive important updates.

Please add info@communitypass.net to your contacts so emails about sessions don't go to your spam/junk folder.

Select Hillsdale Recreation
NAVIGATORS MENTORS

Choose the programs you wish to participate in so you can receive important updates:

Fall Soccer on Saturdays, September - October

Winter Basketball on Saturdays, January - February

Spring Track on Sundays, April - June

Navigators Track will start Sunday, April 14th as the weather permits and will run through mid-June. Sessions are Sunday's from 1 - 2:30PM at the Pascack Valley High School track.

Bring water in a reusable bottle and wear sneakers with good tread.

Session Dates (tentative): April 14th - June 9th. NO TRACK on May 14th or 26th.

If you are registered to mentor for other Navigators sports and haven't registered for track, please do so in your Community Pass account so you can receive track related updates.

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 the players in conversations and encourage them to speak with you and their teammates. Keep them active while waiting in line by repeating ball exercises.

The Navigator player's ages are five through 18 and have different abilities and challenges. This is why having one-on-one mentors is vital. If a player doesn't stay on task, cater the activity so it's fitting to the player. If you need help, ask a coach.

Make sure you check in so we can track your hours. 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.

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 (all are modified):

Warm-ups and stretches

Turbo Javelin (Plastic)

Discus

Shot-put

Low hurdles, jumping, sprinting and lap run

Relay race