

# **VOLUNTEER REQUIRED**

## Coaching Assistant/ Parent Helper

### **ROLE**

- Working directly with a lead coach and supporting the Tuesday/Thursday group activities of the club. You would help with the athletes and their training (i.e. putting out hurdles, starting runners, “spotting” on activity for adherence to instruction, taking a roll-call etc.

### **SKILLS**

- No specific skills required, but most welcome if you have them. There is also the potential to attend courses (via Scottish Athletics and funded by the Club) to develop your skills further in this role, and this is how many of our coaches begin their coaching journey.

### **LEVEL OF COMMITMENT**

- A regular weekly commitment is required, but if sufficient volunteers come forward, there's the potential to have a rota. Consistency is important though to adequately support both the coach and the athletes.

### **EXPERIENCE**

None required – instruction will be given by the coach.

### **INTERESTED?**

### **HERE'S HOW TO LET US KNOW:**

[membership@invernessharriers.org.uk](mailto:membership@invernessharriers.org.uk)