



VOLUNTEER OVERVIEW



YOUTH RUN NOLA 2022-2023

Interested in volunteering with our youth runners this season? Read through this packet for descriptions, commitment, and schedules!

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YOU ARE ESSENTIAL

Youth Run NOLA is unique because each year **hundreds of volunteers** make our program possible! **Volunteer Leaders** drive youth impact, our positive culture, and community building. This document overviews our program components and those leadership opportunities.

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OUR MISSION

Youth Run NOLA creates opportunities for our area's young people to develop healthier lifestyles and build a more interconnected community. Through after-school practices, neighborhood park teams, community races and the program curriculum, youth develop habits around making positive, healthy choices and building healthy relationships, finding joy and fun in the world, believing in themselves and others, and enduring through challenge.



OUR PROGRAMS

1. After School Program

Youth participating in our school program practice twice a week after-school to prepare for monthly races in the New Orleans community. Youth -- many with little to no prior experience running -- train alongside their coaches through a curriculum of sprint and distance workouts, anatomy and running literacy, team building, and reflection.

Season Commitments:

- Fall: September 12- December 10, 2022
 - Train for a 5k!
- Spring: January-April, 2023
 - Train for a 5k or a 10k!

Volunteer Positions: School Coach, Race-Day Running Buddy

2. Park Program

Our park program meets on Saturday mornings at three regional parks, City Park, Joe Brown Park and the Westbank Levee, and is open to youth and family members who want to be active together, and build supportive networks within their neighborhoods. Our Park Coaches are trained to hold health and running literacy lessons at each practice before running or walking a set distance. Youth, family members, and adult volunteers train alongside one another for monthly races!

Season Commitments:

- Fall: October 1- December 10, 2022
 - Train for a 5k!
- Spring: January 21-April 22, 2023
 - Train for a 5k or a 10k!

Volunteer Positions: Park Coach, Park Team Partner, Race-Day Running Buddy



FIND YOUR FIT!

Regardless of your ability or availability to join throughout the season, there is a spot for you on the team! Our roles are broken into buckets based on commitment and movement interest.

MOVEMENT INTEREST

RUN/WALK/JOG

NON-RUNNING

COMMITMENT LEVEL

MORE INVOLVEMENT

LESS INVOLVEMENT

SCHOOL COACH
PARK COACH
PARK TEAM PARTNER

DISTANCE DONOR
PARK OR SCHOOL
TEAM SPONSOR

Any role can become...
Ultra Volunteer
or
Charity Runner
See page 11!

RACE-DAY RUNNING
BUDDY

EVENT TEAM MEMBER
CHEER TEAM MEMBER
COMMUNITY PARTNER

FIND YOUR INTEREST!

We are looking for different amount of people to fill our volunteer roles this season. Check out below which roles and how many are open for this season!

1. School Coaches: 2 per school
2. Park Coaches: 2 per Park (6 total)
3. Park Team Partners: 10 per park (30 total)
4. Race-Day Running Buddies: ~ 100 per race
5. Event Team Members: ~ 30 per race
6. Cheer Teams: NA (depends on race)

Charity Runner: Any volunteer can also become a charity runner for additional perks! Check out page 11 for more info!



SCHOOL PROGRAM COACH

LEAD A NEW OR EXISTING
YOUTH RUN NOLA TEAM
AT YOUR SCHOOL!



DESCRIPTION

The Head Coach is responsible for leading a Youth Run NOLA team as an afterschool program. Practices should take place from 1-2 times a week for about 1 or 1.5 hours. Youth Run NOLA provides the school coach with 2 training sessions a year, all the practice materials, and coaches manual complete with lessons, objectives, training programs, warm-up/cool downs, and fun games to play! It is the responsibility of the coach to recruit their team, communicate with the youth, parents, and school, take attendance and report to YRN, and execute the Youth Run NOLA season curriculum.

The Assistant Coach is primarily responsible for training alongside your team to help them accomplish their goals, supervise youth at practice/event days and also recruit runners. The assistant coach should be able to fill in head-coach roles on days where the head coach cannot come. This includes implementing lesson plans, taking attendance, and communicating with youth and their families.

COMMITMENT

Hold 1-2 practices a week, attend about 1 race a month, training, full season from September through May.

BENEFITS

Year stipend (Head Coach: \$800, Assistant Coach: \$500), discounted or free bibs for races, Youth Run NOLA “Coach” t-shirt, additional YRN SWAG

PARK PROGRAM COACH

COACH A PARK TEAM FOR A FULL SEASON!



DESCRIPTION

The Park Coaches are responsible for leading their team each Saturday morning of the season to train up for 5k distances. The park sites are at City Park, Joe Brown Park, or the Westbank Levee. Youth Run NOLA provides the leader with 2 training sessions a year, all the practice materials, and coaches manual complete with lessons, objectives, training programs, warm-up/cool downs, and fun games to play! Park Coaches are expected to run/walk with the youth at their sites, take attendance and share with YRN, maintain safe practice environments, implement weekly lesson plans and assist youth in setting goals and training for distances up to 10k.

COMMITMENT

1 Saturday morning practice a week. About one race a month (on Saturday).

Fall Season: October 1-December 10, 2023

Spring Season: January 21-April 22, 2023

Attend training, 80% (or more) of the Saturday morning practices at one of three of the parks, attend at least 2/3 of the races for the season. See calendar on page 13.

BENEFITS

Stipend \$600 (both fall and spring combined), discounted or free bibs for races, Youth Run NOLA “Coach” t-shirt, additional YRN SWAG

PARK PROGRAM

PARK TEAM PARTNER

**TRAIN SIDE-BY-SIDE WITH
A YOUNG RUNNER FOR A
FULL SEASON!**



DESCRIPTION

The Park Team Partner is responsible for supporting the goals and training alongside a youth runner in the Park Program for one or multiple seasons. This looks like creating a trusting and supportive relationship with the young person, holding them accountable to come to Saturday morning runs at their park site, having open lines of communication with them, ensuring the young person is training in a safe and consistent way, and practicing a youth-first mindset for the full season. Youth-first mindset means that you are putting the youth goals and experience over your own personal goals and experience for the 5k or 10k. You will be under the leadership of the park program leader, but responsible for attending to your youth partners individual needs for support!

COMMITMENT

Fall Season: October 1-December 10, 2022

Spring Season: January 21-April 22, 2023

Attend training, 80% (or more) of the Saturday morning practices at one of three of the parks, attend at least 2/3 of the races for the season. See calendar on page 13.

BENEFITS

Build meaningful and impactful relationships with young runners on your team. Get discounted bibs for certain races. Receive person development training opportunities, and YRN SWAG!

Charity Run for the CCC10k: Commit to being a Charity Runner for the CCC10k 2023 and raising \$250 over the season and YRN will sponsor all of your race bibs for Fall and Spring season! Read more on page 11.

RACE DAY VOLUNTEER

RUNNING BUDDY

RUN/WALK/JOG WITH YOUTH AT EVENTS



DESCRIPTION

The Race-Day Running Buddy position is responsible for showing up to race-day events to support youth goals, encourage youth, ensure safety of youth, and contribute to an overall positive and fun race-day experience! You will not be expected to run at a faster pace than you are comfortable with, but you might be running or walking at a slower pace than you normally would. Race days usually fall on Saturday mornings and last for about 3 hours total. While attending race-days are not mandatory, we hope that you will return for multiple race-days throughout the season in this volunteer position. Youth love to see adults who they have previously connected with, and do better when interacting and running with someone who has put effort into creating a supportive and trusting relationship.

COMMITMENT

Fall Season: Attend training and at least 2/3 races.

Spring Season: Attend training and at least 2/3 races.

Calendar on page 13!

BENEFITS

Build meaningful and impactful relationships with young runners. Get discounted bibs for certain races. Receive person development training opportunities, and YRN SWAG!

Charity Run for the CCC10k: Commit to being a Charity Runner for the CCC10k 2023 and raising \$250 over the season and YRN will sponsor all of your race bibs for Fall and Spring season! Read more on page 11.

RACE DAY VOLUNTEER EVENT TEAM

**SUPPORT RACE DAY
LOGISTICS AND
ENCOURAGE YOUTH!**



DESCRIPTION

Event team members are responsible for showing up to race-day events to support logistics and overall youth success! Roles include material set up/breakdown, check-in tables, water/snack station management, bus coordination (leading youth from the bus to the event), route safety and direction coordination (making sure runners take correct turns, watch out for cars etc.), cheer squads, and any other support we may need during an event!

COMMITMENT

Fall Season: Attend training and at least 2/3 races.

Spring Season: Attend training and at least 2/3 races.

Calendar on page 13!

BENEFITS

Build meaningful and impactful relationships with young people and community members. Receive person development training opportunities, and YRN SWAG!

ANYONE CAN BE AN...

ULTRA VOLUNTEER

GET SPECIAL PERKS AND
INCENTIVES WHEN YOU
COMMIT TO THE SEASON,
OR COMMIT TO RAISING
MONEY AS A CHARITY
RUNNER FOR THE
CCC10K!



CAESARS
SPORTSBOOK

*Crescent City
Classic*

DESCRIPTION:

Volunteers of any role can become an Ultra Volunteer by showing up consistently for our young runners throughout the season. Volunteers who come to 80% of the events will be awarded special SWAG and recognized at the Volunteer Appreciation Event at the end of the season! Events include races, trainings, pasta dinners, and more!

Become a Charity Runner for the Crescent City Classic:

Volunteers who commit to raising \$250 as a Youth Run NOLA Charity Runner at the Crescent City Classic 10k in April 2023 will run each of the Fall and Spring Season races with YRN for free (sponsored by us!)

Paid race bibs include at least The Corporate Classic 5k, the CCC10k, and The 504k.

COMMUNITY PARTNER

ENGAGE YOUR BUSINESS OR ORGANIZATION WITH YOUTH RUN NOLA!



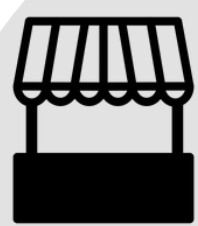
SUPPORT OUR VOLUNTEER PIPELINE

Volunteer together
Supply bibs monthly



SPONSOR A PARK OR SCHOOL TEAM

Build our funds for practice materials!



JOIN THE 504K

Sponsor
Walk/run together
Host a booth



HOST A FUNDRAISER

Donation-Based Workout
Percentage night
Anything else!



SUPPLY RESOURCES

Invite YRN to ...
Experiences
Workouts
Trainings



IN-KIND DONATIONS

Donate food, water
clothes, watches, etc!

Email brenna@youthrunnola.org
for more details!

SEASON SCHEDULE



Note: Some race dates subject to change, races may be added or removed from calendar throughout season.



Fall Season
School Program Kickoff:
September 12
Park Program Kickoff:
October 1

August 20, 2022
October 15, 2022
October 22, 2022
November 12, 2022
December 10, 2022
December 17, 2022

Power Mile Road Race
Family Fun Run 
UNCF 5k
CCFC 5k 
Winter Celebration Run 
Dashing Through the Dome

Spring Season
School Program Kickoff:
Specific to each School team
Park Program Kickoff:
January 21

February 4, 2023
April 8, 2023
April 22, 2023

YRN 2-mile Fun Run 
CCC 10k 
504k 



= YRN "Official" season race (bus transportation, volunteers, etc.) Attendance highly encouraged! Other races on the calendar are additional race opportunities if youth are looking for more ways to engage on their own or with their team!

Monthly Volunteer Training
Schedule:
Scan this QR code with your phone to see and
RSVP for volunteer trainings!



Email brenna@youthrunnola.org
for more information

