Special Olympics Georgia

Indoor Winter Games
Southeast Powerlifting

Volunteer Job Description: Below you will find the job descriptions of positions needed of our volunteers for Powerlifting. These job positions will be given to you during the general orientation, which is the first 30 minutes of your shift. Please read these over so you are aware and can potentially choose what position you would be interested in fulfilling during your shift.

Spotters /Warm- Up Area Spotters (3 volunteers at each station):

- These volunteers must be able to lift 50 pounds. This position requires the loading and unloading of free weights from 2.5 pounds – 50 pounds. The spotters must be able to show correct spotting and lifting techniques.

Scorekeepers (2 volunteers):

- Scorekeepers must have good mathematical and organizational skills. They will take lifting information from the athletes and write it on the score cards. The cards will be placed in order by division and weight attempted. Scorekeepers must keep the scorecards in order and assist the announcer.

Announcer (1 volunteer):

- The announcer must have good communication skills. This person will call out the names of the lifters, weight attempts, and keeps the crowd motivated to cheer on the lifters.

Door Greeter/ Athlete Helper (2 volunteers):

- The greeters will be positioned inside each doorway. They will be responsible for keeping the doorways clear at all times. They will also assist the athletes with weight belts.

Warm- Up Area Greeters (3 volunteers):

- Greeters will be positioned outside the warm-up area and check athlete credentials. Only power lifting athletes and volunteers will be allowed in the warm-up area. This person will keep the athletes in the warm-up area informed of the competition weight being lifted.

General Volunteer (3 volunteers):

- These volunteers will be responsible for helping the athletes put on their weight belts, making sure the athletes use chalk in the designated area and keeping unauthorized persons out of the chalk and lifting areas.

Awards (3-5 volunteers):

- Assist with distributing awards, making sure enough ribbons and metals are on award tables, play music, and assist award captains/coordinators with organization of athletes in and out of the awards area.

Fans in the Stands

- Cheer on the athletes!