



Upward Volunteer Opportunities

There are so many great opportunities for parents to be involved in Upward Sports this year, regardless of your experience or expertise! Please check out the following job descriptions to let us know your interest.

_____ **UPWARD CAFÉ:** Join us to help prepare and serve food in the café before, during, and after games. Commitment is based on your availability. We will be happy to have you serve weekly, bi-weekly or just once or twice.

Contact Lisa Reiss: reisshouse@verizon.net (215) 915-4884

_____ **ASSISTANT CHEER COACH:** Team up with one of the coaches to help teach cheers and encourage the girls. No experience required.

Commitment is 1 hour weekly practice and 1 hour for the Saturday game.

Contact Melissa Quirk: bmquirk@gmail.com (215) 855-1886

_____ **ASSISTANT BASKETBALL COACH:** Assist the coach by working together and doing whatever is needed. Commitment is 1 hour weekly practice and 1 hour Saturday game.

GIRLS BOYS GRADE _____

Contact Nathan Walker: nathan.walker20@gmail.com (215) 368-2239

_____ **REFEREE:** We will train you! You will need to attend a 1 hour training in November. Dates TBD. Commitment is based on your availability; 1 to 4 hours on each Saturday game day you are able to volunteer during the 10 week season.

Contact Eric Medlin: a2pwebdesign@gmail.com (215) 825-3555

_____ **SET-UP/TAKE-DOWN CREW:** Our church is multi-purpose. We move from Worship to Basketball and Basketball to Worship pretty quickly! Commitment is one hour for Upward set up on Friday night, one hour for church reset on Saturday after games; either or both.

Contact Marty Wetzel: martywetzel@verizon.net (215) 527-8752

_____ **FIRST AID:** On Saturdays during games, we provide a nurse/medic to handle injuries. Commitment is based on your availability; full day or 2-3 hour shifts throughout the season.

Contact Suzanne Meenen: suzanne.meenen@lansnaz.com (215)272-4938

_____ **GREETER:** On Saturdays, during games, we need some friendly faces in the lobby to greet players and their families as they enter the church. Commitment is based on your availability.

Contact Nathan Walker: nathan.walker20@gmail.com (215) 368-2239

Name: _____

Email: _____ **Phone:** _____