

## ANNUAL EVENTS

- **Art of Possibilities**  
[Spring, Golden Valley]
- **Courage Kenny Classic Wheelchair Basketball Tournament**  
[Spring, Hastings]
- **Discover Abilities Expo**  
[Spring, Minneapolis]
- **Shoot for Fun**  
[Fall, Duluth]
- **Ski-a-thon**  
[Winter, multiple ski hills]

# COURAGE KENNY REHABILITATION INSTITUTE VOLUNTEER OPPORTUNITIES

## YEAR-ROUND OPPORTUNITIES

Adapted Yoga  
Children's Swim Lessons  
Community Swim  
HandiHam Program  
Leisure and Games Club  
Neurosplash

Occupational Therapy  
Pet Visitor  
Physical Therapy  
Recreational Outings  
Speech Therapy  
Peer Visitor  
Team Fitness

## SEASONAL OPPORTUNITIES WITH ADAPTIVE SPORTS & RECREATION

<b><u>Fall</u></b>	<b><u>Spring</u></b>
Bowling Competitive Swim Power Soccer Tennis Wheelchair Basketball Wheelchair Rugby	Competitive Swim Power Soccer Rock Climbing Track & Field
<b><u>Winter</u></b>	<b><u>Summer</u></b>
Alpine Ski & Snowboard Bowling Competitive Swim Nordic Ski Power Soccer Wheelchair Basketball	Cycling Golf Therapeutic Horseback Riding Tennis Water Ski Wheelchair Lacrosse Wheelchair Softball

**Interested in volunteering?** Fill out an application: [CKRI Volunteer Application](#)

**Questions?** Contact [CKRIVolunteerService@allina.com](mailto:CKRIVolunteerService@allina.com) or 612-775-2728

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*Learn more about our volunteer opportunities (listed alphabetically)*

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### Alpine Ski and Snowboard

#### November through March

Volunteer opportunities for experienced skiers and snowboarders! Join over 500 volunteers to make the most of the winter months. You will stay active, socialize, give back, laugh and look winter straight in the face!

**Requirements:** Must be an experienced skier or snowboarder, must provide own equipment including helmet, commitment is for the full 8-week season (missing no more than 2 practices). New volunteers must attend Dryland Training and a full weekend of On-the-Hill Training.

**Lesson locations and days** (volunteers select one):

**Afton Alps – Saturday mornings**

**Hyland Hills – Sunday mornings, Monday evenings, Wednesday evenings**

**Trollhaugen – Sunday afternoons**

**Welch Village – Sunday mornings**

**Training Dates for Ski & Snowboard volunteers (mandatory):**

- Dryland Training (new volunteers only) mid-November, full day training
- On-the-Hill Training weekend: must attend a full weekend of training in December

## Adapted Yoga

**Ongoing – Monday and/or Wednesday evenings – Golden Valley**

Help participants awaken a more vibrant integration between mind and body through the practice of Iyengar yoga. Promote health and safety at all times. Aid and physically assist clients as needed under the guidance of instructors. Set up and put away yoga props during and after class. Maintain an open dialogue with instructor about client participation, the instruction, and the class itself.

**Requirements:** Minimum of 16 years of age. Knowledge and previous participation in yoga is required. Ability to commit to 1-3 classes per week for a minimum of 3 months.

## Archery

**Fall season:** September through November

**Spring season:** April through May

**Tuesday evenings and/or Saturday mornings**

**Coon Rapids**

Assist youth and adults with learning the life-long sport of archery! Provide individual assistance, help participants learn technique, and provide a positive and encouraging presence.

**Requirements:** Intermediate to advanced archery experience preferred, but not required. Please commit to one full 8-week season.

## Art of Possibilities Art Show - Event

**One evening event in spring**

This year marks the 56<sup>th</sup> year of this international art show and sale for artists with disabilities. This event is held each spring at Courage Kenny Rehabilitation Institute, Golden Valley campus. Various volunteer opportunities are needed at the Opening Reception including greeters, artist registration, art sale, food and beverage servers and art docent.

## Bowling

**October through May – Monday afternoons – St. Louis Park**

Assist adults with disabilities with keeping score, carrying bowling balls and setting up adaptive equipment. This is a laid back and social environment and a great opportunity to enjoy the company of this fun group.

**Requirements:** No experience needed, ability to repeatedly lift a bowling ball is required. Volunteers can sign up for this opportunity anytime during the season, with a three-month commitment at minimum.

## Children's Swim Lessons

**Ongoing – Monday and Wednesday evening and Saturday morning shifts – Stillwater**

Share your love of the water with children learning to swim. Come and assist staff with children's swim lesson classes in our warm water pool in Stillwater.

**Requirements:** A 3-month minimum commitment is required. Volunteers should feel comfortable in all depths of water. No Life Guard or WSI certification needed. Age: 16 and older

## Community Swim

**Ongoing – Golden Valley**

**Opportunities on Tuesday and Wednesday evening, Saturday morning and afternoon**

Assist instructors with "learn to swim" classes for children ages 6 months to 16 years old. These community classes focus on water adjustment, safety skills and swim strokes while having fun in a warm water pool. The pool's water temperature is a comfortable 92 degrees. Staircases, handrails, ramps and special pool wheelchairs provide easy access. A certified lifeguard or instructor is on duty. Locker rooms are available for showering and changing. **Requirements:** Participants must provide their own padlock, swimsuit and towel.

## Competitive Swim

### **October through June (three 8-week seasons) – Sunday afternoons – St. Thomas University**

Volunteer to be a team coach or practice assistant to help our competitive swimmers develop their technique and improve their time in preparation for competition. Help guide practices and provide encouragement and motivation.

**Requirements:** Experience with competitive swim and knowledge of swim strokes and form required. Volunteer coaches commit to the full program (three 8-week seasons with 3 to 4-week breaks in between). Practice assistants commit to at least one of the three 8-week sessions.

## Courage Cup Ski Race Benefit - Event

### **One day event in February Annually - Trollhaugen**

Come volunteer at our annual benefit ski race for Courage Kenny Ski & Snowboard at Trollhaugen! This one-day event features Courage Kenny adaptive ski racers mixed with able-bodied racers – all together raising money as they zip down the hill! This event highlights the abilities of adaptive athletes and raises funds for Courage Kenny Ski & Snowboard. Volunteers will time racers, announce, help with equipment and set up, help take pictures, serve lunch and help with registration.

## Courage Kenny Classic Wheelchair Basketball Tournament - Event

### **March 12-13 – Saturday and Sunday**

Each year Courage Kenny Rehabilitation Institute hosts a national wheelchair basketball tournament, inviting teams from around the country to join us and compete for Nationals. This two-day tournament is an exciting opportunity to learn about wheelchair basketball and watch some of the best varsity teams in the country. We utilize many volunteers to support this event – so invite your family and friends and sign up to work the score table, help with registration, or cheer on teams from the stands!

**Requirements:** Score table volunteers must have knowledge of basketball and experience with score keeping. Other roles are open to all with a half-day commitment.

## Cycling

### **June through August – Tuesday (East Metro trails) and Thursday (West metro trails) in the evening**

Volunteers help youth and adults with disabilities learn cycling skills and build strength, explore bike trails in the metro area, and enjoy the outdoors in a safe and encouraging environment.

**Requirements:** Volunteers should have some cycling experience and enjoy working with people in an outdoor, fun, and social community. Bring your bike and join us for a few rides! All riders must wear a helmet. This is a 4-6 ride commitment during the summer season.

## Discover Abilities Expo - Event

### **May – University of Minnesota**

Join us for the third annual Discover Abilities Expo where attendees can learn about the many adaptive sports and recreation opportunities in Minnesota. In addition to representation from over 60 organizations, there will be demonstrations where attendees can try some adaptive sports, panel discussions and more! Volunteer to support this event as a greeter, registration attendant, information guide, or help with the demos and panels.

**Requirements:** Volunteers must be 16 years or older and commit to a half-day shift.

## Golf

### **Eagle Lake Golf Course – Plymouth – June through July (8 weeks)**

*Monday lessons – 1:00-4:00 PM*

*Thursday lessons – 3:00-4:30PM*

This program is lesson-based, where volunteers are paired with a participant and offer individual lessons catered to the abilities and experience level of the student. Volunteers are trained on how to use adaptive equipment and how to adapt lessons to different abilities. Volunteers help students set and reach goals and celebrate their successes. This is a fun and educational program where students can get outside, be active and learn the joy of golf!

**Requirements:** Golf experience and knowledge is required. Please commit to full 8-week season.

### **Braemar Golf Course – Edina – June through August (11 weeks)**

*Mondays 12:00-3:00 PM*

### **Island Lake Golf Course – Shoreview – June through August (11 weeks)**

*Thursdays 12:00-3:00 PM*

The Braemar and Island Lake programs are both community-based, where golfers with disabilities have the opportunity to golf with others in a club-like format and volunteers join this community to support participants where needed.

Volunteers will offer some instruction and will help with physical challenges such as driving golf carts, teeing balls, and retrieving clubs. It is a fun and social volunteer opportunity and a great way to get outside and share the joy of golf!

**Requirements:** Volunteer commitment is flexible and volunteers will not need to be present for the full 3-hour session – time frame will be determined based on participant schedules and needs.

**Oak Glen Golf Course – Stillwater – May through October (two 8-week sessions) Fridays, 1:30-4:30**

This program is a league or club-like format with the group golfing nine holes each Friday. Volunteers are paired to assist a golfer with tasks such as driving the golf cart, handling equipment and teeing up balls as needed, while offering some instruction. Come share your love of golf! **Requirements:** Some golf experience is preferred.

## HandiHam Program

### Ongoing – on-call

Participate in amateur radio with people of all ages and all abilities throughout the world. Currently have Elmer, Reader, and Special Project volunteer roles available.

**Requirements:** Must hold a valid Amateur radio License issued by the Federal Communications Commission, Minimum age 18 and a 1 year commitment.

## Leisure and Games Club

### Ongoing – Tuesday evenings, Weekend afternoons – Courage Kenny, Golden Valley

Visit with clients who have requested friendly company during their evening or weekend leisure time while staying at Courage Kenny in Golden Valley. Activities vary widely depending on interests and abilities, yet might include some of the following: going for a walk, watching a sporting event on TV, or bringing clients to the media center and helping them set up and watch a movie.

## Neurosplash – Golden Valley

### Ongoing – Opportunities on Monday, Wednesday and Friday mornings – 10:00-11:00 AM

Assist instructors in working with clients who have experienced a neurological injury, in a class that focuses on range of motion, seated balance, standing, walking and core strengthening.

## Neurosplash – Stillwater

### Ongoing – Monday through Thursday mornings, 10:00-11:00 AM

Volunteer to help support participants who have a neurological disability in an instructor led water exercise class.

Volunteers assist participants with entering and exiting the pool, retrieving equipment, helping participants execute exercises during class, and guiding them to be as independent as possible. This class utilizes shallow depth water only.

**Requirements:** No Life Guard or WSI certification needed. A 3-month minimum commitment of one day per week is required. Age:18 and older

## Nordic Ski

### January through February (6 weeks) – Thursday nights – Theodore Wirth Park

Volunteer opportunities for experienced Nordic skiers in either classic or skate ski. Bring your skis and join us on Thursday evenings for a few hours of skiing through Theodore Wirth Park. Volunteers are matched with a student and teach technique, provide encouragement and help the student set and reach goals.

**Requirements:** Please commit to full six-week season. Volunteers must provide their own equipment. Must be comfortable with Nordic skiing and be able to explain the basics to a beginner.

## Occupational Therapy

### Semester length – Monday through Friday, 9:00 AM-12:00 PM and/or 1:00-4:00 PM – Golden Valley

Designed for undergraduate students who are preparing to enter a Doctorate of Occupational Therapy program. Support occupational therapist as needed during a therapy session as directed. Wipe down equipment after client use. Support homework assignments with clients as directed by the therapist (i.e. working with flashcards, doing crosswords, playing cognitive games, etc.) with materials supplied by the therapist. Volunteer positions are available in acute inpatient rehabilitation, post-acute inpatient rehabilitation and outpatient occupational therapy.

**Requirements:** Must be at least 18 years old. Volunteers commit to one 3 hours shift per week for a minimum of 3 months or semester.

## Peer Visitor

### Ongoing – On-Call basis

Serve as a role model & offer hope, support & encouragement to people with a spinal cord injury, brain injury or stroke, or limb loss, & their family members through a visit provided by trained peers.

**Requirements:** Must be minimum of 1 year post injury/event or caregiver with minimum 1 year experience caring for a person. Commitment of at least 1 year and must be at least 18 years or older

## Pet Visitors

### Ongoing – Weekday evenings 6pm-8pm, Weekend afternoons

Visit clients in the Transitional Rehabilitation Program with your trained therapy dog! Visits offer a diversion from the patients' routine and provide an enjoyable activity that is beneficial for the patient and family members.

**Requirements:** Must have a trained therapy dog and have owned the dog for over 1 year. Dog must have a current health certificate issued by a veterinarian. Volunteer must be at least 18 years old

## Physical Therapy

### Semester length - Monday – Friday, 9:00 am – 12 noon and/or 1:00 – 4:00 pm

Designed for undergraduate students who are preparing to enter a Doctorate of Physical Therapy program. Provide assistance to therapists and clients as appropriate under the guidance of a physical therapist and rehabilitation therapy aide. Great opportunity to learn about the profession of physical therapy and to earn the observation hours for application to DPT programs.

**Requirements:** Must be at least 18 years old. Volunteers commit to one 3 hours shift per week for a minimum of 3 months or semester. Volunteer positions are offered in both inpatient and outpatient program throughout the twin cities metro area.

## Power Soccer

### October through May – Courage Kenny, Golden Valley

#### Three 7-week seasons

#### Sunday afternoons and/or Wednesday evenings

Power soccer is a competitive, fast-paced sport in which players use specially designed power wheelchairs to hit a large soccer ball, aiming to score a goal. Volunteer to help coach this team by helping guide practices, work one-on-one with students in drills, and provide an energetic and encouraging presence.

**Requirements:** No experience needed, familiarity with soccer is helpful. Please commit to at least one practice day (Sundays or Wednesdays) for one full season.

## Recreational Outings

### Ongoing—Thursday evenings, Weekend afternoons—Courage Kenny, Golden Valley

Volunteers assist staff on group community outings for clients residing at the Courage Kenny site in Golden Valley.

Volunteers help clients develop the skills necessary for getting around and participating in community activities such as restaurants and going to movies. Volunteers help clients develop their self-esteem, comfort levels, and independence so they are able to participate in community events.

**Requirements:** Please commit to one 4-hour shift for a minimum of 6 months. Must be able to push a wheelchair short distances and be over the age of 21.

## Rock Climbing

**Fall:** October through November (6 weeks), Friday nights, Vertical Endeavors in Bloomington

**Spring:** April through June (6 weeks), Friday nights, Vertical Endeavors in Bloomington

**Summer:** June through July (6 weeks) – Monday nights, University of Minnesota St. Paul Gym

Experienced climbers, share your love of rock climbing! Teach youth and adults with disabilities all about climbing: tying in, commands, technique, language – and lots of beta! Volunteers work individually with a student who they belay on top rope while providing instruction, encouragement and helping their student set and reach goals.

**Requirements:** Experience with rock climbing, ability to pass a top rope belay test, and knowledge of beginner climbing technique and terms required. Volunteers must have their own harness, belay tool and shoes.

## Shoot For Fun – Event

### One day event in September Annually - Duluth

This day of outdoor fun is an important fundraising event for Courage Kenny Northland adaptive sports and recreation programs that promote an active lifestyle, overall health and independence. Shoot For Fun is the largest sporting clay

event in Minnesota, drawing over 450 hunting and sporting clay enthusiasts from across Minnesota and Wisconsin. Over 100 volunteers make the Shoot for Fun possible. Volunteers help run sporting clay stations and games, sell tickets, and help run the game tents. Shooting experience is not necessary, minimum age 16 years, all meals are included.

## Ski-A-Thon – Event

### February Annually

In February each year we hold a Ski-A Thon to help raise money for the Alpine Ski & Snowboard program. Courage Kenny athletes and volunteers come together to collect pledges and donations for runs they will take during the Ski-a-Thon. Proceeds support adaptive ski and snowboard activities at all of our Courage Kenny sites. Ski-A-Thon volunteers help serve cocoa and set up treats. We have fun decorating helmets and setting up games out on the hill. Volunteers may wear outdoor gear and come outside to cheer on the athletes in the program! Help play games on the hills, give high fives, bring a cowbell or any other celebratory efforts to support them. This is a great family or work group volunteer activity!

## Speech Therapy

### Ongoing, Fourth Wednesday of each month, 4:00-5:00 pm- Stillwater

Come and help support an augmentative communication device users group. Participants meet monthly to practice using their devices more effectively and learning from other users and staff. Volunteers assist the group with activities and having conversation. Great opportunity for students/volunteers considering the field of Speech Therapy.

**Requirements:** Must be at least 18 years old. Volunteers commit to one 3 hours shift per week for a minimum of 3 months or semester.

## Team Fitness

### Ongoing – Monday through Thursday – late afternoon shifts - Stillwater

This program is a group-based fitness program for youth and young adults led by a CKRI Fitness Specialist and supported by volunteers. Volunteers are matched with participants to assist them with individualized fitness workouts. Volunteers support and guide participants in setting up work out equipment, counting reps, mentoring independence and providing encouragement.

**Requirements:** A 3-month minimum commitment is required, 1 hour per week. Age:16 and older

## Tennis

### June through July (8 weeks) – Wednesday evenings – New Hope

Enjoy the beautiful summer evenings out on the tennis court, helping youth and adults with disabilities learn this life-long sport! Volunteers assist the head coach with practice drills, help individuals with technique and volley back and forth with students as they develop their skills.

**Requirements:** Some experience with tennis preferred, no equipment needed, ability to move around the court to pick up balls and participate in drills is required.

## Therapeutic Horseback Riding – Courage Kenny Riders

### May to early September (two 6-week sessions) – Tuesday evenings – Stillwater

Shifts available between 4:30-8:30pm

The Courage Kenny Riders program is a therapeutic horseback riding program for children/youth ages 5-21 who have a physical or sensory disability. The program rides at the Washington County Fairgrounds. Volunteers assist participants with riding sessions as either a Side Walker or Horse Leader. Volunteers will be led by a Therapeutic Riding Instructor to assist participants with various activities, help them gain confidence and achieve their riding goals. **Requirements:** Volunteers must be comfortable around horses. Training provided. Age:16 and older

## Track and Field

### April through June – Sunday evenings

*April through July, St. Louis Park High School*

Assist youth and adults with disabilities in training for competition in adaptive track and field. This is an active and fun volunteer opportunity in which you may be running alongside participant(s), keeping time, and providing motivation and encouragement. There are also opportunities to help coach field activities such as javelin, discus and shotput.

**Requirements:** Experience with track and field preferred but not required. Must be able to either run or bring own track chair to accompany participants in their training. If interested in field events, must have experience with activities.

## Waterski

### June through August – Monday evenings on Medicine Lake or Wednesday evenings on Lake Owasso

Volunteers meet on either Monday or Wednesday evening from 5:30 – dusk to have some summertime fun! This program is an opportunity for participants (youth and adults) to try waterskiing using adaptive equipment. Volunteers

help in the water with skiers, on shore with equipment and getting athletes ready, as well as on boats as jumpers and pinners. No waterskiing experience necessary. One night of training is required in June prior to the start of the program.

### Wheelchair Basketball – Youth

#### **October through March – Saturday mornings – Courage Kenny, Golden Valley**

*Fall season: October through November*

*Winter season: January through March*

Volunteer for an hour on Saturday mornings to support our youngest wheelchair basketball team in learning the basics of the sport. Volunteers will support athletes individually as well as supporting the head coach in running practices. As a volunteer, you provide an encouraging presence, and help athletes learn the basics of carrying a ball while pushing their chair, shooting baskets, and dribbling.

**Requirements:** No experience necessary. Commitment is for both 8-week seasons.

### Wheelchair Basketball – Adults

#### **October through April – Monday evenings – Courage Kenny, Golden Valley**

The Rolling Timberwolves is an adult wheelchair basketball team that practices weekly and travels to tournaments. Volunteer to support this team by helping the head coach with leading practices, logistical challenges, and equipment set up and clean up. This is a great opportunity for an adult who is a fan of basketball and interested in a social and engaging volunteer opportunity.

**Requirements:** Experience with basketball required. Commitment is for full 6-month season.

### Wheelchair Lacrosse

#### **June through August – Wednesday evenings – New Hope**

Enjoy the summer evenings outdoors supporting this adult wheelchair lacrosse team in practices and tournaments. Volunteers will assist the head coach in leading practices, equipment set up and clean up and may participate in games. Experience with lacrosse required, volunteers have the option to travel with teams to tournaments.

**Requirements:** Commitment is for full 12-week season.

### Wheelchair Rugby

#### **October through April – Sunday evenings – Courage Kenny, Golden Valley**

If you are an experienced wheelchair rugby player, volunteer as a player-coach with this adult wheelchair rugby team. Share your skills and knowledge of the sport with this dedicated group of rugby players and help this team grow!

**Requirements:** Experience with wheelchair rugby, and understanding of rules, techniques and strategy.

### Wheelchair Softball – Youth

#### **May through August – Monday evenings – Brooklyn Park**

Enjoy the summer evenings out at Todd Anderson Field in Brooklyn Park helping the Jr. Rolling Twins JV and Varsity teams with softball practice. Volunteer as a coach, assistant coach, or practice assistant to support weekly practices and help athletes develop their softball skills.

**Requirements:** Coaches must have experience with softball, practice assistants are not required to have softball experience.

### Wheelchair Softball – Adults

#### **May through August – Tuesday evenings – Brooklyn Park**

Volunteers as a coach or practice assistant for the Rolling Twins wheelchair softball team! Coaches lead team practice, design practice plans and help keep the team motivated and on task.

**Requirements:** Coaches must have experience coaching and must have softball knowledge. Practice assistants do not need to have softball experience but must be able to run around collecting softballs, carry equipment and help with set up and take down.

### Wheelchair Softball Tournament

#### **July 16-17 – Brooklyn Park**

Volunteers needed to support with scorekeeping, check-in, and team support. This is a super fun outdoor activity and a great way to see wheelchair softball in action!

### Wheelchair Lacrosse Tournament

#### **August 26-28 – New Hope**

We are excited to host a Wheelchair Lacrosse National Tournament this summer! This will be an exciting and fun outdoor volunteer opportunity and a great way to observe the exciting sport of wheelchair lacrosse! Volunteer roles include check-in, scoreboard and clock, general assistance, and set up/take down support.