

Courage Kenny Northland Volunteer Opportunities



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Join our team of Northland volunteers who help deliver exciting and fun sports and recreation programs for youth and adults with physical disabilities, vision loss and youth on the autism spectrum. Opportunities throughout the year.

[Watch the CKRI Sports & Recreation video here to see what we're about](#)

Benefits:

- Feel good knowing you are helping people get out and play, and live life to the fullest!
- Connect with the Twin Ports and Northland community, make new friends.
- Learn new skills and gain experience while working with youth, adults, and other volunteers of all abilities in a casual, active, and social environment.
- Build your resume - applicable to individuals who are going into a wide variety of fields including Psychology, Health Care, Physical Therapy, Occupational Therapy, Exercise Science, Outdoor Recreation, Nursing, and more. Allina Health is one of the largest health care systems in the Midwest.

Seasonal Program Overview

See below for descriptions and approximate dates

Spring Programs & Events

Archery
Power Wheelchair Soccer
Yoga
Youth Swimming Lessons

EVENT: Arrowhead Youth Games at UMD

Summer Programs & Events

Yoga
Cycling
Recreational Sailing
Kayaking
Sea Kayak Adventures on Lake Superior
Waterski Clinics

EVENT: Adapted Fishing Tournament

Fall Programs & Events

Archery
Power Wheelchair Soccer
Yoga
Youth Swimming Lessons

EVENT: Shoot for Fun (sporting clay fundraiser)

Winter Programs & Events

Alpine Ski & Snowboard - Spirit Mountain
Alpine Ski & Snowboard - Giants Ridge
Curling
Dogsledding Adventure Day
Yoga

EVENT: Great Lake Mono Ski & Race Camp

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Program Dates & Descriptions

Alpine Ski & Snowboard Volunteer opportunities for experienced skiers and snowboarders! Positions off the hill are available, too (check-in, equipment, lift helpers, etc). Join over 100 Northland volunteers to bring the thrill of the slopes to people of all abilities and make the most of the winter months. You'll stay active, socialize, give back, laugh and look winter straight in the face!

Ski & Snowboard Locations & Dates

Spirit Mountain, Duluth

January – March

- Tuesdays, 5:30-8 pm
- Thursdays, 5:30-8 pm
- Sundays 2:00-4 pm

Giants Ridge, Biwabik

January – March

- Sundays, 10 am–2 pm
(can do a.m. or p.m. lesson, or both!)

Ski & Snowboard Volunteer Kickoff:

- Thurs in early October, 6pm, Hoops Brewery
- Join us at this casual gathering to learn more and meet staff and our fun crew of experienced volunteers.

Ski & Snowboard Volunteer Training

Required for all volunteers

New Volunteer Orientation/Dryland Training (all new volunteers):

Saturday, Nov. 14, 9:00-1:00, Spirit Mountain

On the Hill training (all volunteers):

Spirit Mt, 2nd weekend in Dec (9-4 pm both days)

or

Giants Ridge, 1st weekend in Jan. (9-4 pm both days)

Alpine Ski & Snowboard: Great Lake Mono Ski & Race Camp at Spirit Mountain (Wed, Thurs, Fri in last week of Feb/1st week of March) This is the largest mono ski camp in the Midwest that draws adaptive ski talent from across the country – come be a part of it! Volunteers are needed for both skier/snowboarder and non-skier “boots on the ground” roles each day of camp. You can volunteer one, two, or all three days. [Watch a Mono Camp video here](#)

Archery (6-8 wks/session, offered Spring and Fall)

Mondays (5:30–8:00 pm), [Chalstrom’s Indoor Archery Center](#) on Rice Lake Road. Assist youth and adults with learning the life-long sport of archery. Intermediate to advanced archery experience preferred, but not required. **Volunteer orientation** is on Monday, week prior to program start, 5:30pm.

Curling: One Saturday per month, 12:00-1:30, Nov – March. Volunteers assist participants of all abilities with this introductory curling clinic, open to youth and adults. Location is the [DECC](#).

Cycling: June– July (8 wks)

Wednesdays, 6:00-7:30pm, Munger Trail at Riverside Park, [55 Cato Ave](#). Volunteers help youth and adults with disabilities learn cycling skills and build strength, explore bike trails in Duluth, and enjoy the outdoors in a safe and encouraging environment. Volunteers should have some cycling experience and enjoy working with people in an outdoor, fun, and social community. **Volunteer training** is Wednesday prior to program start, 6-7pm.

Kayaking: June–Aug (8 wks)

[UMD Aquatics Center on Park Point](#), Thursdays 6:30–8:30 pm. Volunteers assist staff with basic kayak instruction while paddling tandem kayaks with participants, assisting with transfers when needed, and encouraging camaraderie. Kayaking takes place in the canal off Park Point. Kayaking experience required. **Volunteer training** is Thursday before program start, 6:30-8pm.

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Kayak Adventures - South Shore & North Shore

Two full-day adventures! One on a Sunday in July, one on a Wednesday in August (7:30 am–6:00 pm). Volunteers assist with basic tandem sea kayak instruction to participants on these full day kayak adventures led by professional guides on Lake Superior. Kayak trip experience required or volunteer in the Thursday evening regular kayak program.

Power Wheelchair Soccer: (6-8 wks/session, offered Spring and Fall)

[Laura MacArthur Elementary School](#) on Tuesdays 5:45– 7:00pm. Volunteers assist the coaches with facilitating practice drills for power wheelchair soccer participants of all ages. No experience needed, familiarity with soccer and a sense of fun is helpful! Tournament is on a Saturday, April 18. **New volunteer orientation** at 5:00pm before first practice.

Recreational Sailing: June– August (8 wks)

[Park Point Boat launch](#), Tuesdays 5:30–7:30 pm. In partnership with the [Duluth-Superior Sailing Association](#) Volunteers help adults and youth experience and learn the life-long sport of sailing. Volunteers assist professional sailing instructors with basic sailing instruction to participants. Some sailing experience preferred. **Volunteer training** is Tuesday before program start, 5:30-7pm.

Water Ski Clinics

Held on two evenings in mid to late summer (5:00-8:00 pm) on [Pike Lake](#), 20 minutes inland from Duluth. Summertime fun for all! Water ski clinics are 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 with providing the barbecue dinner.

Yoga: (6-8 wks/session, offered each season)

Help introduce adults living with a disability to the benefits of yoga by practicing mind-body concepts and practical exercises. Classes are led by certified adaptive yoga instructors. Volunteers help participants experience a variety of yoga poses by adapting the poses to the participant's abilities. No experience necessary, basic understanding of yoga concepts is helpful. Volunteers commit to one lesson per week. **New volunteer training** is the week prior, 5:00-6:30 pm at [CSS Health Science Bldg.](#)

- Mondays, 10:30-12:00n, [Peace Church, 1111 N 11th Ave E](#)
- Tuesdays, 10:30am-12:00n, [YMCA Woodland Site](#)
- Wednesdays, 5:00-6:30 pm, [Polinsky Rehabilitation Center](#)
- Thursdays, 4:30-6:00 pm, [College of St. Scholastica Health Science Center](#)

Youth Swimming Lessons: (6 wks/session, offered Spring and Fall)

Wednesdays, 5:00-6:00 pm, [YMCA Downtown Duluth](#). Help youth with disabilities learn an important life skill, gain confidence, and discover how fun swimming can be. Volunteers assist youth in swim lessons led by a certified YMCA swimming instructor. No experience needed, however you should be a confident swimmer and enjoy working with children. Volunteers are given a tech t-shirt to wear during lessons. **New volunteer orientation** is at 4pm prior to the first lesson.

Special Events – Group Volunteer Opportunities

Courage Kenny Northland hosts several special events throughout the year – come join the fun! Group volunteer opportunities are available with the Arrowhead Youth Games in May and the Shoot for Fun in September.

See next page for special event information!

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Special Events & Group Volunteer Opportunities

Courage Kenny Northland hosts several special events throughout the year – come join the fun! Group volunteer opportunities are available with the Arrowhead Youth Games in May and the Shoot for Fun in September.

EVENT: Arrowhead Youth Games at UMD

Group Volunteer Opportunity

Held on a Thursday in early May, 9am-2pm, at the UMD Fieldhouse. Great group volunteer opportunity! This fun annual event introduces over 300 youth with disabilities from across the Northland to a variety of adaptive activities. Over 100 volunteers help make this event possible. Volunteers assist at activity stations such as biking, archery, wheelchair races, volleyball, dance and so much more! New volunteers attend orientation the night before, 5:30 pm at the UMD Field House.

EVENT: Fishing Tournament

Held on a Saturday in early June at the Driftwood Estates campground on Fish Lake just north of Duluth. This fishing tournament is designed for adults with disabilities and/or visual impairments. No angling experience necessary to volunteer, ability to tell a good fish story might come in handy! Volunteer needs include boats/guides, pontoons/drivers, dock helpers, fish cleaners, registration table/greeters, meal prep/serving and on shore help as needed. Free camping optional.

EVENT: Annual Shoot for Fun

Group Volunteer Opportunity

Come be a part of this popular annual tradition! Held in September the weekend after Labor Day at the beautiful [Old Vermilion Trail Hunting Preserve & Sporting Clays](#), this unique fundraising event is also the largest sporting clay event in Minnesota – with over 475 participants and 100 volunteers - and raising over \$200,000 for Courage Kenny Northland programs. It's a social, casual, and of course – fun – way to volunteer, groups are welcome. Volunteers help run sporting clay stations and games, sell tickets, and help run the game tents. All meals are included, shooting experience is not necessary, minimum age 16 years.

EVENT: Great Lake Mono Ski & Race Camp at Spirit Mountain

(Wed, Thurs, Fri in last week of Feb/1st week of March) This is the largest mono ski camp in the Midwest that draws adaptive ski talent from across the country – come be a part of it! Volunteers are needed for both skier/snowboarder and non-skier “boots on the ground” roles each day of camp. You can volunteer one, two, or all three days. [Watch a Mono Camp video here](#)

EVENT: Dogsledding Adventure Day

Takes place on a Sunday in March, 10:30 AM – 2:00 PM in Frendenberg Township (10 miles north of Duluth). Held in partnership with [Positive Energy Outdoors](#), this event is just as fun as it sounds! Each participant gets one ride along a ½ mile groomed beginner loop, a horse drawn sleigh ride, and interaction with Alaskan Husky sled dogs. Volunteers assist as greeters, helpers, and photography.

Contact: Beth Albrecht, Coordinator of Volunteers, 218-726-4763 ext. 3 or elizabeth.albrecht2@allina.com

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