



Training for Life. One Step at a Time.

The heart of a volunteer is not measured in size, but by the depth of the commitment to make a difference in the lives of others. ~ DeAnn Hollis

Students Run Oakland (SRO) is a prominent, local youth-development program that's passionate about transforming the lives of high school students from underserved communities. Helping today's youth succeed takes a whole community, and we invite you to share your time, knowledge and abilities with students throughout the East Bay area.

Volunteer Opportunities

There is a wide variety of volunteer opportunities available that will assist you in deciding where you can help. In many areas no experience is necessary, although if you have special skills or training, we will try and match those. We provide any training that would be necessary for specific assignments.



Administrative:

1. Website Coordinator – Ensure that all content on website is up-to-date.
2. Volunteer Coordinator – Responsible for managing, nurturing, and leveraging the volunteer base.
3. Community Service/Clinic Coordinator – Act as lead to coordinate/arrange workshops, clinics and community service
4. Public Relations/Marketing – Plan and direct development and communication of informational programs.
5. Student Liaison – Serve as student counselor, manage tutoring program, help prepare students for life after high school
6. Admin Support – Support management by performing both clerical and general office support.
7. Newsletter Editor – Responsible for publishing a quarterly newsletter.

Fundraising:

1. Development Officer – Provide leadership in the key areas of planning, administration, analysis, and execution to ensure the achievement of fundraising.
2. Grant Writer – Preparation of proposals and grant applications
3. Event Planner – Responsible for brainstorming ideas for events, implementing from start to finish.
4. Committee Members – Serve as support on fundraising committee.

Student Support:

1. Yoga Instructor – Conduct yoga classes at the Oakland YMCA.
2. Strength Trainer – Condition students for endurance and long-distance running.
3. Spin Instructor – Conducts spin classes at the Oakland YMCA twice a week.
4. School Captains – Teach running techniques, condition students for endurance and long-distance running, supervise and conduct practices.
5. Runner Mentors – Run with students on scheduled weekly runs, encourage and support student runners, communicate with students regularly.
6. Student Support Mentor – Develop relationships; provide academic help, commit to the vision and mission of SRO.
7. Career Opportunity Host – We look to introduce our students to a variety of career opportunities. You can host a group, host a tour or an ongoing internship to one or a group of students.
8. Academic Tutors – Coach students in math, English, and other core subjects.
9. Aide Station Coordinator – Manage weekend aide stations and supplies, supervise station volunteers and water stations.
10. Aide Station Support – Manage designated aide stations.



Our mission is to improve the health and overall well-being of young people through structured physical fitness training, academic support, nutrition education, and mentoring. SRO participants will take on the challenge of training for a marathon (26.2 miles) to help them develop long-term goals, improve their health, and overcome obstacles. SRO aims to build character, confidence, discipline, resiliency skills, and reinforces the values of commitment and hard work. Students can then draw on these values for achievement in academics and other areas throughout their lives.

Volunteer Criteria

We're looking for committed volunteers to help meet our goal of training and inspiring youth to complete our program and be better prepared for success in life. The ideal volunteer will have the following characteristics:

- Ability to communicate and establish rapport with high school students of diverse backgrounds and interests.
- Excellent role model and mentor for self-esteem and healthy living.
- Dependable, capable and responsible, with sound decision-making skills.
- Able to relate to others. Having a wide range of abilities they're willing to share.
- Patient and understanding. Having firm boundaries and limits.
- Optimistic and creative when confronting challenges and obstacles.
- Persistent by being assertive in arranging and keeping plans with mentee.
- Self-disciplined, follow through with roles and responsibilities.
- Interact effectively with peers and members of the SRO staff.
- Committed to the vision and mission of SRO in maintaining high expectations of our students.
- Desire to work with a large group of high school students.



"Crossing the finish line was one of the best feelings in the world because I was able to prove that I could put my mind to something and accomplish it. The race also assured me that if you push yourself, and put your 'mind over matter,' that anything is achievable."
Marcus, 11th Grade



If you have a desire to make a difference in the lives of students, are interested in an upcoming volunteer information meeting, or are ready to sign up today, please visit our website at www.sroakland.org

If you're unable to volunteer but would still like to support SRO with a financial contribution, we welcome all tax-deductible donations at www.sroakland.org