

United Way of Salt Lake

serving Davis, Salt Lake, Summit, and Tooele Counties

PAL VOLUNTEER INFORMATION

Young Leaders Afterschool at PAL

Thank you for sharing your time with the students at PAL Boxing Center. Your participation as a volunteer in the afterschool program will help these kids have the adult guidance and support they need to succeed. Review these tips and your experience is sure to be a success!

FAQ's:

Why PAL Boxing Center?

The Young Leaders Community Involvement Sub-Committee chose PAL as one of two monthly volunteer opportunities. PAL is a UWSL Neighborhood Welcome Center that provides a positive youth development program that utilizes educational, athletic and recreation activities to support the youth of South Salt Lake. By volunteering at PAL, you provide beneficial support and a positive example to the youth at PAL.

What will I be expected to do?

The Young Leaders are here to help during the homework and recreation time at PAL. During the homework hour you could be working one-on-one with a student or helping with an educational game. During the recreation time you could be participating in sports activities, the boxing program, or other games. If you only come for the homework hour from 3-4 business attire is appropriate. For those staying through the recreation time which runs from 4-7 casual dress is ok including jeans/t-shirts, athletic wear and closed toed shoes.

Why should I volunteer?

This exclusive Young Leaders volunteer opportunity provides a way for you to better connect with UWSL's mission and goals in the community. By sharing your time and talents, YOU can help create lasting change. By serving with other Young Leaders you have the option to network with other likeminded young professionals, learn more about the most pressing needs of our community and give back in a way that is positive and meaningful.

Will I be the only one volunteering?

The Young Leaders have adopted this volunteer project at PAL as an opportunity for Young Leaders and prospective Young Leaders to provide meaningful service to our community. The dedicated members of our Community Involvement Sub-Committee are committing to attending at least one of the sessions through the year so if you're new to volunteering there will be someone else there to help you get involved.

Tips:

- ❑ **Ask questions!** We know not every Young Leader has a background working with kids and athletic programs. If you have any questions or concerns don't hesitate to ask the Volunteer Coordinator, Sana. She is here to help you have a positive and meaningful experience.
- ❑ **Share what you know.** If you have a special talent or skill you can share let Sana know. The afterschool program is flexible to supplementing their planned activities with classes, games or other fun activities.
- ❑ **Tell a friend.** The next time you come back to volunteer bring another Young Leader or a prospective young leader. This is a great opportunity to connect your networks to the great work we're doing in the community. Together we can make a difference!

Date/Time of Project: **Every 3rd Thursday of the month from 3-7pm** (Shifts are available from 3-4 for homework hour and 4-7 for recreation activities.)

Location/Address: **2825 South 200 East, South Salt Lake, UT 84115 - Parking is available on the east side of the building by the playground/athletic field. Enter the set of doors right off the parking lot.**

If you have any questions or concerns please contact Heather MacDonald, Volunteer Engagement Director UWSL at heather@uw.org or 801.736.7715.