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## Powerlifting

### Volunteer Information

**Date: Saturday, June 15th**

**Time: 7:15am-3:30pm**



**Volunteer Check-In Location:** Ithaca College, Athletics & Events (A&E) Center  
**Competition Location:** Ithaca College, Fitness Center

**Address:**

150 Lyceum Drive, Ithaca, NY 14850

**Parking:** Park in Lot M

**Check-In:** Walk into the A&E Center, lower level. Check in at the volunteer registration table at 7:15am.

COVID-19 vaccination is **not** required to volunteer at these games. However, if you are vaccinated, please let us know for our rate records.

If you pre-registered online, give your name and show your ID to be checked in. If you have not been able to pre-register, be prepared to fill out volunteer paperwork and show your ID.

Please make sure to get a Special Olympics NY credential and write your name on it. This is used to identify each of the volunteers.

**Training:** After you are all checked in and have your credential, walk to the Fitness Center by 7:30am. Training is on-site. Heavy lifting up to 45 pounds is required.

**Lunch** is not provided- please bring a bag lunch with you if needed.

**Description:** Be on the mat and hear the grunts! We won't ask you to squat or deadlift, but you are needed to assist as spotters and rackers - support lifts, help return weights safely to the rack, help guide the weight during a lift if necessary, and other needs as determined at the event.

**Qualifications:** Ability to perform assigned duties for the duration of the competition, be flexible with assignments and able to be on your feet for stretches of time. Must be able to lift up to 45 pounds at a time.

**Thank you** for being a part of the 2024 Summer Games volunteer team!

