



## We Need You To Become A Dream Team Volunteer!

The Dream Team uses the power of a bicycle to assist youth with developing a positive approach to life's challenges.

Dream Team volunteers are committed to helping youth riders by offering guidance, providing assistance, and sharing life experiences. Volunteers are dynamic role models who are dedicated to helping our youth riders. Volunteers play a crucial role in empowering teens to become healthy and confident adults. Our season starts in March and ends in July with RAGBRAI! Several volunteer opportunities are available, each with their own set of responsibilities and time commitments:

**Riding Mentor:** Adult riding mentors are expected to attend at least 50% of all indoor and outdoor training practices (Monday and Thursdays (5 pm to 8 pm), and Saturdays (8 am to finish)) and at least one campout. Riding mentors are also encouraged to participate in RAGBRAI, if possible. Successful mentors work with the youth riders to help them complete the program and grow as young adults.

**Support Mentor:** Adult in-season support volunteers assist with rest stops during outdoor training and campouts. This is a much more flexible volunteer opportunity that does not require a specific time commitment.

**Administrative:** Assist Dream Team with its marketing, event planning, outreach, fundraising, scheduling, and other administrative functions.

**General:** Interested in helping, but not sure where you fit in right now? No worries, join as a general volunteer and we'll keep you updated on upcoming opportunities!

Send us an email or give us a call!!

[volunteer@dreamteamdesmoines.org](mailto:volunteer@dreamteamdesmoines.org)

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