



IOWA senior games

Thank you for your interest in volunteering for the Iowa Senior Games. The Iowa Senior Games (ISG) is an Olympic-style sports festival for men and women who are at least 50 years of age. Nearly 1,000 athletes are expected for the 37th Annual Iowa Senior Games. All events take place in and around the West Des Moines area.

Several different days and times, as well as many different opportunities, are available for our volunteers. No expertise or knowledge is necessary to volunteer! Below is a list of volunteer positions that we are seeking.

FRIDAY, June 2, 2023

- Iowa Senior Games Softball Tournament – *Raccoon River Park, West Des Moines*
 - 4:00-6:00 PM | Registration Table | 2 spots available
 - 4:00-9:30 PM | Scorekeepers | 4 spots available

TUESDAY, JUNE 6, 2023

- Athlete Packet Assembly – *West Des Moines Valley High School, The Forum*
 - 9:00-11:00 AM | Athlete Packet Assembly | 8 spots available
- Shuffleboard – *Indian Hills Junior High Gym*
 - 3:00-5:00 PM | Event Setup | 8 spots available
- Pickleball – *West Des Moines Valley High School Fieldhouse*
 - 2:00-6:00 PM | Event Setup | 8 spots available

WEDNESDAY, JUNE 7, 2023

- Registration Table – *West Des Moines Valley High School Commons*
 - 7:00 AM-Noon | Athlete/Volunteer Check In & Awards | 2 spots available
 - Noon-6:00 PM | Athlete/Volunteer Check In & Awards | 1 spot available
- Pickleball – *West Des Moines Valley High School Fieldhouse*
 - 7:30 AM-Noon | Results/General Assistance | 5 spots available
 - Noon-5:00 PM | Results/General Assistance | 5 spots available
- Shuffleboard – *Indian Hills Junior High Gym*
 - 7:30 AM-Noon | Scorekeeping/Results | 10 spots available
 - Noon-4:00 PM | Scorekeeping/Results | 10 spots available
- Disc Golf – *Centennial Park, Waukee*
 - 12:30-3:00 PM | Athlete Check In/Results | 1 spot available
- Help Where Needed – *Will be assigned to help where ever it is needed*
 - 7:30 AM-Noon | General Volunteers
 - Noon-5:00 PM | General Volunteers



IOWA senior games

THURSDAY, JUNE 8, 2023

- Registration Table – *West Des Moines Valley High School Commons*
 - 7:00 AM-Noon | Athlete/Volunteer Check In & Awards | 5 spots available
 - Noon-6:00 PM | Athlete/Volunteer Check In & Awards | 2 spots available
- Pickleball – *West Des Moines Valley High School Fieldhouse*
 - 7:30 AM-Noon | Results/General Assistance | 5 spots available
 - Noon-5:00 PM | Results/General Assistance | 5 spots available
- Golf Tournament – *Willow Creek Golf Course, West Des Moines*
 - 7:30- 10:00 AM | Athlete Check In Volunteer | 1 spot available
- Help Where Needed – *Will be assigned to help where ever it is needed*
 - 7:30 AM-Noon | General Volunteers
 - Noon-5:00 PM | General Volunteers

FRIDAY, JUNE 9, 2023

- Registration Table – *West Des Moines Valley High School Commons*
 - 7:15 AM-Noon | Athlete/Volunteer Check In | 4 spots available
 - 9:00 AM-1:00 PM | Awards Distribution | 2 spots available
 - Noon-6:00 PM | Athlete/Volunteer Check In | 2 spots available
 - 1:00-5:00 PM | Awards Distribution | 2 spots available
- Tennis – *West Des Moines Valley Southwoods Tennis Courts*
 - 8:00 AM-Noon | Court Monitors | 6 spots available
 - Noon-4:00 PM | Court Monitors | 6 spots available
- Table Tennis – *Four Mile Community Center, Des Moines*
 - 8:30 AM-Noon | Athlete Check In/Misc. | 4 spots available
 - Noon-3:30 PM | Athlete Check In/Misc. | 4 spots available
- Accuracy & Distance Events – *Valley High School Fieldhouse (basketball) and Track (all others)*
***Volunteers are needed to assist with measuring, recording, and retrieving footballs, softballs, frisbees, and soccer balls.*
 - 8:00-11:30 AM | Basketball Shooting Competitions | 12 spots available
 - 10:30 AM-12:30 PM | Football/Softball Throws | 12 spots available
 - 12:00-3:00 PM | Frisbee Throws | 10 spots available
 - 2:30-4:00 PM | Field Goal/Soccer Kick | 10 spots available
 - 10:30 AM-4:00 PM | Help with all Valley Stadium Events
- Racquetball – *Wellmark YMCA, downtown Des Moines*
 - 12:30-5:00 PM | Athlete Check In/Results | 2 spots available
- 3 on 3 Basketball – *West Des Moines Valley High School Fieldhouse*
 - 12:30-4:30 PM | Scorekeepers | 6 spots available
- Help Where Needed – *Will be assigned to help where ever it is needed*
 - 7:30 AM-Noon | General Volunteers
 - Noon-5:00 PM | General Volunteers



IOWA senior games

SATURDAY, JUNE 10, 2023

- Registration Table – *West Des Moines Valley High School Commons*
 - 7:15 AM-Noon | Athlete/Volunteer Check In | 4 spots available
 - 9:00 AM-1:00 PM | Awards Distribution | 2 spots available
 - Noon-6:00 PM | Athlete/Volunteer Check In | 3 spots available
 - 1:00-5:00 PM | Awards Distribution | 2 spots available
- Tennis – *West Des Moines Valley Southwoods Tennis Courts*
 - 8:00 AM-Noon | Court Monitors | 6 spots available
 - Noon-4:00 PM | Court Monitors | 6 spots available
- Track & Field – *Valley High School Track*
 - 7:45-10:00 AM | Triple Jump, Measure/Record | 4 spots available
 - 7:45-10:15 AM | Javelin Throw Measure/Record | 4 spots available
 - 8:00 AM-Noon | Awards Distribution | 2 spots available
 - 9:30 AM-2:30 PM | Long Jump Measure/Record | 4 spots available
 - 9:30 AM-2:30 PM | High Jump Measure/Record | 2 spots available
 - Noon-4:00 PM | Awards Distribution | 2 spots available
 - 12:30-4:00 PM | Shot Put Measure/Record | 4 spots available
 - 12:30-4:00 PM | Discus Measure/Record | 4 spots available
 - General Track Meet Help | Will be assigned to help where ever it is needed
 - 8:00 AM-Noon | General Volunteers
 - Noon-4:00 PM | General Volunteers
- Racquetball – *Wellmark YMCA, downtown Des Moines*
 - 12:30-4:00 PM | Athlete Check In/Results | 2 spots available
- Help Where Needed – *Will be assigned to help where ever it is needed*
 - 7:30 AM-Noon | General Volunteers
 - Noon-5:00 PM | General Volunteers



IOWA senior games

SUNDAY, JUNE 11, 2023

- Registration Table – *West Des Moines Valley High School Commons*
 - 8:00 AM-Noon | Athlete/Volunteer Check In & Awards | 2 spot available
- Swim Meet – *West Des Moines Valley High School Pool*
 - 9:30 AM-4:00 PM | Timers | 6 spots available
 - 9:30 AM-4:00 PM | Awards | 2 spots available
 - 9:30 AM-4:00 PM | Announcer | 1 spot available
- Badminton – *West Des Moines Valley High School North Gym*
 - 11:00 AM-3:30 PM | Athlete Check In/Results | 2 spots available
- Event Teardown – *West Des Moines Valley High School*
 - Noon-3:00 PM | Clean Up/Teardown | 6 spots available

OTHER VOLUNTEER NEEDS

- Road Race – *Clive Aquatic Center*
 - Saturday, July 22 | 7:00-11:00 AM | Athlete Check In/Misc. | 1 spot available
- Cornhole – *Clive Aquatic Center*
 - Saturday, July 22 | 4:00-8:00 PM | Athlete Check In/Misc. | 2 spots available
- Cycling Time Trial – *Ballard East Elementary School, Cambridge*
**These positions assist with both the Iowa Senior Games and Iowa Games Cycling Time Trial events
 - Saturday, July 15 | 7:00 AM-Noon | Registration Table | 2 spots available
 - Saturday, July 15 | 8:30 AM-2:00 PM | Course Marshalls | 4 spots available

REGISTER

To register as a volunteer for the Iowa Senior Games, visit our SignUp Genius registration site at <https://www.iowaseniorgames.org/about/volunteers/>.

QUESTIONS?

For questions or more information, contact the Iowa Senior Games staff.

Tre Stanton

Phone: 888-777-8881 x 3

Email: info@iowaseniorgames.org