

## **RE: BE A TRAINER AND GET THE BEST SEAT AT THE GAME!**

Hello!

We are Delicia Jackson & Jacqueline Brynjolfson, the NLFA Head Trainers for this coming season. If your child is new to football or our club, Welcome to the Bears! If you are a returning family, Welcome back to the Bears!

As we gear up for an exciting tackle football season with the NLFA Bears, we are reaching out to extend a heartfelt invitation to you to become a vital part of our team as a Trainer (first aider). At the Bears, we firmly believe in the importance of community involvement and parental support in fostering a safe and nurturing environment for our young athletes to thrive both on and off the field, and by volunteering your time and expertise as a first aider, you'll play a crucial role in ensuring the well-being and development of our players.

Here's what volunteering as a Trainer with the NLFA Bears entails:

1. **First Aider Duties:** As a Trainer, you will be required to provide immediate First Aid treatment primarily to players in the event of injuries or emergencies during practices and games. Treatment is limited to the coursework learned through the Standard First Aid & CPR-C/AED course.
2. **Time Commitment:** You will be needed at all the scheduled games for your team (2 exhibition jamborees in August & 8 regular season games) + as many practices as you are able to attend (Monday, Wednesdays & Fridays)
3. **Volunteer Selection Process:** Interest in our Trainer positions can be high, but unfortunately, we have limited openings—just two per team. If you're keen, please drop us a line (details below). We carefully review each applicant, and those chosen will hear back from us soon about joining this season's action.

No prior experience is required to volunteer with us – all that's needed is a passion for youth sports and a commitment to creating a positive and supportive atmosphere for our athletes. We can recommend training and support to ensure that you feel confident and prepared in your role.

### **Certifications & Requirements:**

- Standard First Aid & CPR-C/AED certification (2 day course)
- Online Concussion Course (30 min. Take at your leisure)
- RCMP Criminal Record Check

Your involvement as a volunteer not only benefits our players but also fosters a sense of community and camaraderie among parents and supporters. It's an opportunity to connect with other families, make lasting memories, and be an integral part of something truly special.

If you're ready to make a difference and be a part of the NLFA Bears family, we would love to hear from you! Please don't hesitate to reach out to us to express your interest or ask any questions you may have.

**GO BEARS!**

Warm Regards,

Delicia Jackson (like the pizza) & Jacqueline Brynjolfson (don't bother trying to pronounce it)

[Delkijackson@shaw.ca](mailto:Delkijackson@shaw.ca)



[jbrynjolfson@gmail.com](mailto:jbrynjolfson@gmail.com)