

**Here's the basic criteria to  
volunteer:**

1. Must be 14 years old or older.
2. Must have a reliable way to get to/from the event/program.
3. Must be in good standing with your school (no suspensions in the last year and no excessive absences), as well as be viewed as a dependable and hard-working student. You'll be required to provide 2 references in your volunteer application.
4. Be willing to *commit to at least 6 volunteer spots* during the year.
5. **You don't have to have experience with special needs/disabilities.** BUT you must be a fun person who will be interactive with our MVPs (those with disabilities - kids, youth, &/or adults)!!

**Here's the basic criteria to  
intern:**

1. Must be a current Junior or Senior.
2. Must have a reliable way to get to/from the event/program.
3. Must be in good standing with your school (no suspensions in the last year and no excessive absences), as well as be viewed as a dependable and hard-working student. You'll be required to provide a letter of recommendation from a teacher, coach, or administrator at your school, in addition to providing 2 references in your volunteer application.
4. Must be willing to *commit to:* interning for at least one program through the year (6 events) or at least 1 day per week for the summer camp, unless out of town.
5. **You don't have to have experience with special needs/disabilities.** BUT you must be a fun person who will be interactive with our MVPs (those with disabilities - kids, youth, &/or adults)!!