

STAR[®] Volunteer Program



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History of the STAR[®] PROGRAM.

The S.T.A.R. program was developed by Mary Jo and Lou Corsetti at Atlanta Youth Lacrosse in 2007 to involve our youth and high school players in the local community with the work it takes to run a premiere lacrosse league. We recognized that most Middle & High Schools required students to perform 5 – 15 or more service hours a year. And that college applications always ask about community service and volunteer hours.

We wanted to offer our program as a way for any student to gain service hours for their work. We wanted students to understand they could get service hour for doing something that really interested them and gives back to the community at the same time. We wanted students to have a place, a home, a family, a community where they would want to come to each week and be a part of making things happen and make a difference for everyone, thus creating a real IMPACT on the league and community.

Since it's inception the S.T.A.R. program became an incredible success with many registered S.T.A.R.s per season working to maintain and improve the Atlanta Youth Lacrosse program week in and week out.

S.T.A.R.s are **Students That Accept Responsibility**. These young men and women are upstanding members of their community that recognize the value of volunteering their time and energy to provide a wonderful experience to everyone who comes out to enjoy lacrosse. Some students are lacrosse players some are not.

As the name implies, we cultivate a culture of responsibility at our fields where our volunteers are expected to show up on time, work hard, and most importantly, have

FUN!

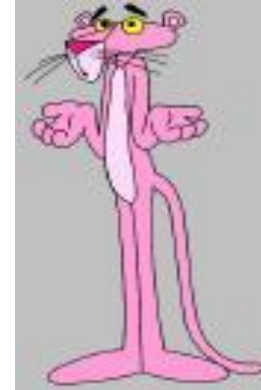
Why have a STAR[®] Program?

- Every program needs support.
- STARS unite the community
- STARS create a FAMILY environment
- STARS take ownership of the program
- STARS assist coaches and become coaches
- STARS become Leaders in the program
- STARS promote officiating and become better players by learning to officiate. *(this helps build a group of qualified officials for your program)*



Why is the STAR[®] Program Successful

- Teaches Responsibility
- Teaches Communication, use of Technology
- Teaches Leadership & Work Ethic
- Teaches Mentoring
- Teaches Community Spirit and Giving Back
- Teaches Conflict Resolution...Problem Solving
- Teaches Time Management
- Teaches real world experiences
- Teaches Skills (Officiating, Coaching, woodwork, maintenance, organization and more)



Unexpected Results of the STAR© program?

- The STAR program impacts the parents.
- Parents embrace the fact that their kids are WORKING!
- Parents are PROUD that their child is a STAR.
- There is more respect/appreciation from parents/fans towards our staff because they are STARS.
- Parents see their kids, clean their rooms, finish homework, do whatever it takes, so that they can get to the fields and WORK.
- Parents hear their kids talk about WORK and WORKING and how much they WORKED and how hard they WORKED!
- STARS open up their own bank accounts
- STARS donate some of their pay back to the organization.



Social Networking

Get a CLUE!

Connect to the STARS with
Facebook, Twitter, Youtube, Texting, Email & Blogs
GET... in the zone...connect!

Social Networking on the kids level, is so important!

If you asked me a year ago if I would have a Facebook page , a Twitter, Blog or YouTube account,
I would have said you were NUTS.



But think about it...how and what is the best way to communicate and reach KIDS!

Most kids have a school email address by 5th grade

Most kids have a facebook account by 5th grade

Most kids have a cell phone by 5th grade

Kids check out Youtube and surf the web

Kids live in a virtual world



NOT LIKE MY OLD WORLD(and maybe yours)



STAR[®] Levels

The Importance of Levels

- The S.T.A.R. levels are important because they determine the level of payment that each S.T.A.R. has the opportunity to earn after they complete their 20 volunteer hours.
- **Level 1:** k-4 grade S.T.A.R.s are all volunteer. The idea is to build a love and desire for service at a young age. **NO SIGN IN/OUT, NO PAY(except candy/food) JUST FUN!**
- **Level 2:** 5-6 grade S.T.A.R.s have the opportunity to become **paid** staff after volunteering 20 hours at the beginning of each season.
- **Level 3:** 7-8 grade S.T.A.R.s have the opportunity to become **paid** staff after volunteering 20 hours at the beginning of each season.
- **Level 4:** High School S.T.A.R.s have the opportunity to become **paid** staff after volunteering 20 hours at the beginning of each season.
- **Level 5:** College S.T.A.R.s have the opportunity to become **paid** staff after volunteering 20 hours at any time during the year.



STAR[®] Levels

The Intangibles

- S.T.A.R.s learn how to behave professionally in a work environment
- They learn how to properly communicate through email and talking to the field supervisor.
- As our S.T.A.R.s grow older their responsibilities grow as well. Many of our older S.T.A.R.s completely organize and run their own camps and clinics.

S.T.A.R.s learn how to use criticism to their advantage because occasionally mistakes will happen. We do not shy from critiquing the work of any S.T.A.R. but we do provide an environment where mistakes are okay because they are the only way to learn.

- These young men and women become part of a giant family. They will look back on these years as a time when they learn a great deal about themselves and the fun they shared with friends.



STAR[®] Levels

EARNING VOLUNTEER HOURS:

Many schools in Georgia require volunteer hours to graduate and many colleges like seeing applicants who have volunteered in their community. Our S.T.A.R. program provides ample opportunities for students to accumulate a large amount of volunteer hours.

For instance, our Spring League is 4 months long with games on Saturday and Sunday. In the course of one weekend there are 8 hours of lacrosse on Saturday and 5 hours of lacrosse on Sunday for a total of 13 hours on the weekend.

A S.T.A.R. who works through the 11 week season on just Saturdays will volunteer 88 hours. If they work the entire weekend they will work 143 hours! In less time than it takes to finish one semester of school a S.T.A.R. can triple or quadruple the amount of service hours they require for graduation.

What's more is that once S.T.A.R.s accumulate 20 hours of service during a season they earn the opportunity to become paid staff for the duration of that season!



STAR[®] Levels

MENTORS and MENTEES

Older S.T.A.R.s are expected to teach younger S.T.A.R.s how to work and behave at Atlanta Youth Lacrosse. Our older S.T.A.R.s exhibit excellent leadership skills and we encourage them to impart their knowledge to younger volunteers.

Atlanta Youth Lacrosse is primarily a teaching organization and we make no distinction between lacrosse and work because life lessons abound from either pursuit. We are fortunate to have the opportunity to combine our love of lacrosse and solid work ethics to our program so we get the best of both worlds and our volunteers gain valuable knowledge from those that come before them.

We honestly require that older S.T.A.R.s teach younger S.T.A.R.s because it allows older volunteers to learn how to lead and younger volunteers to learn how to follow, and both are skills they will need as they grow older. The best way to describe the relationships we are cultivating is to use the analogy of camp counseling. Our older S.T.A.R.s are the counselors and our younger S.T.A.R.s are the campers. The younger S.T.A.R.s work diligently in all of the jobs they are assigned but they are inevitably drawn to specific jobs that interest them, this is where our older S.T.A.R.s come in.



STAR[®] Levels

BUILDING A STRONG WORK ETHIC

S.T.A.R.s are expected to be responsible for their work and constantly strive to improve themselves in whatever job they are asked to do. The importance of a strong work ethic cannot be understated. The very foundation of our country is built on the idea that hard work will equal success over time. Atlanta Youth Lacrosse firmly believes that it is our work ethic and commitment to excellent that has created one of the premiere lacrosse leagues in Georgia. We hope to build on the lessons and values that parents have instilled in their children and watch them develop the necessary skills to succeed after they complete school.

There are two central tenets of the S.T.A.R. program that build a strong work ethic. First, everyone must do their best and second, no job is beneath anyone.

S.T.A.R.s are a very visible part of our lacrosse program and they understand that their actions while working reflect the character of Atlanta Youth Lacrosse. We expect all of our volunteers to respect players, parents, and their fellow volunteers.

S.T.A.R.s are expected to do whatever needs to get done when they show up to work. They might have to ref a game one hour and then pick up trash the next hour. The point that we teach all of our volunteers is that it does not matter what needs to get done so long as someone gets it done. As Thomas Edison once said, "there is no substitute for hard work."



How do I start my STAR[®] Program

Becoming A S.T.A.R. Volunteer

S.T.A.R.s must demonstrate the ability to communicate efficiently with Atlanta Youth Lacrosse staff. If you want to be a S.T.A.R. you must personally e-mail Mary Jo Corsetti at: ayllax@charter.net and supply the following information:

Your Full Name---Grade—School---Cell phone Number (optional)

Potential S.T.A.R.s are required to contact Mary Jo personally. E-mails from parents or guardians requesting that their son or daughter become a S.T.A.R. will be returned with a reminder that only e-mails from S.T.A.R. applicants will be accepted. E-mail is the primary means of communication between Atlanta Youth Lacrosse Staff and our S.T.A.R.s and we want potential S.T.A.R.s to understand from the beginning that they are responsible for the e-mails they send and receive.

Parent may request to be added to our blast e-mail list by e-mailing Mary Jo so they may receive updates on schedules and dates. Please note that **all** communication about hours and job availability must be initiated by the S.T.A.R. themselves to Mary Jo.

Expectations and Responsibilities

S.T.A.R.s are expected to show up to work at least ten minutes early to sign in and find out what needs to be done that day.

If a S.T.A.R. is scheduled to work for three hours they are expected to work for those three hours. If a S.T.A.R. must leave work for family reasons or any kind of emergency they may leave early but they **must** inform a staff member. We are responsible for you while you are at our fields and we want to know when you are leaving for your safety.

Have fun! The Atlanta Youth Lacrosse staff prides itself on providing a fun and enjoyable work experience to all of our volunteers. We want our young S.T.A.R.s to enjoy working for us every day that they come out to help.

S.T.A.R.s are responsible for a range of activities at our fields, including but not limited to the following:

Coaching or assistant coaching

Officiating---Checking in players---Mentoring younger players---Assisting in clinics and camps

Playing goalie for the younger grades---Set up the fields for games---Breaking down the fields after games

Making sure water is constantly available---Picking up trash---Fitting equipment

Above all they have fun!



STAR[®] Emails



Mary Jo-I would like to become a STAR. My name is Ryan Blasberg. I am 8 years old in the 3rd grade. I go to the Davis Academy. I play all positions. I can work on Saturday before or after my game or any other time you need me.

Thanks **Ryan Blasberg**

My name is Griffin Thrower and I go to Westminster. I'm a freshman and I play attack. I can work whenever you need except Labor Day Weekend. Thanks **Griffin**

Hey Mrs. Corsetti, It all looks good. I am free Saturday to help out after 11:30 if you need my help. Thank you for a wonderful season (lax and STARS). It was so much fun to do both. Thanks again **Catherine Bernard**

This is Ben and I am emailing you to say that after October 18th I can do any service work at the YMCA fields, anything you need me to do I will be more than happy to do it. Also any date after that I would be happy to teach younger goalies as well, like we talked about. I would love to take part in the STAR program. Like I said anything after the 18th is great because that is the last football game (short season) and I would love to get back into the Y and helping out. Thanks, **Ben Flood**

Hello this is Jake Movsovitz i am 10 years old and i am very interested in becoming a lax star please email me what i need to do or if i can become a star please reply, sincerely, **Jake Movsovitz**

Dear Ms. Mary Jo,

My name is Nicholas and I would like to volunteer at the lacrosse fields. I'm play for the Ironmen in the 5/6 grade league. Just tell me when to be there and what I need to do. thanks, **Nicholas**



IT'S ALL ABOUT THE T-SHIRT?

YES...it's all about the T-SHIRT
YOU ROCK if you have a STAR T-SHIRT



YOU REALLY, REALLY, ROCK I
if you have both the STAR T-SHIRT and the ZEBRA T-SHIRT



STAR Sign in/out sheet



- STARS are required to sign in/out and note the games they officiate
- If STARS forget to sign in or out their hours do not count for that day
- Each week or every 2 weeks we add up the hours – the STARS follow this very closely! It's a big deal if you are one of the first to reach 20 hours!

DATE:						
Your Grade	you can ref	All day 8 - 9 hours	4/5 hours	ref grades	ref with partner	ref alone
11 -12 grade	Ref k-8	\$25.00 all day	\$20.00 Half Day	7/8 grade	\$12.00 per game	\$15.00
9 - 10 grade	Ref k-8	\$20.00 all day	\$10.00 Half Day	5/6 grade	\$8.00 per game	\$10.00
7 - 8 grade	Ref k-6	\$15.00 All day	\$7.50 Half Day	3/4 grade	\$4.00 per game	\$6.00
5 - 6 grade	Ref k-4	\$10.00 all day	\$5.00 Half Day	k-2 grade	\$2.00 per game	\$4.00
k - 4 grade	no reffing	volunteer only	volunteer only			
				OFFICIALS	List	# of
First/Last Name	time in	time out	Total Hours	games and	grade levels	here



STAR[®] Hours

- STARS hours are added up either weekly or bi weekly – we post them on the website and keep a copy in the sign in booklet.
- STARS always want to know how many hours they have, it a real accomplishment for them to reach 20 hours!
- STARS if you see a ? Below that means the STAR forgot to sign out..



OOPS hours don't count for that day!

EXAMPLES OF VOLUNTEER HOURS PERFORMED

2007 – 2,612 ----- 2008 – 2,999 -----2009 --- 3,142

Fall 2008 Season														
			6-Sep	7-Sep	13-Sep	14-Sep	20-Sep	21-Sep	27-Sep	28-Sep	4-Oct	HOURS	Grade	School
1	Ashley	Blake	2							3		5	9	Westminster
2	Baker	Clay			3	3	2					8	10	Lovett
3	Bassett	Amanda	2				4.5				7	13.5	9	Holy Innocents
4	Bernard	Catherine									5		8	Holy Innocents
5	Bernardini	Kathry	2									2	9	Holy Innocents
6	Bitzis	Nicholas			8	2	4	2.5	9			25.5	8	Holy Innocents
7	Bonatz	Kurt									7	7	9	Marist
8	Broms	Will			?	5.5	4	4	9	3		25.5	8	Holy Innocents
9	Brown	Davis					3					3	11	Wesleyan
10	Cook	Chandler	6	3	7.5		8		9			33.5	8	Holy Innocents
11	Ferrari	Nico					5		7		3	15	6	Westminster
12	Fochtman	Thomas	9		9						9	27	10	Holy Innocents
13	Fort	Tommy			3	2?					5	10	7	Westminster
14	fulton	Bobby			4							4	11	Wesleyan
15	Garrett	Lunking		4								4	7	Pace
16	Gibson	Zack				3	3					6	10	Pace
17	Grenada	David			4		3		6			13	10	Pace
18	Hickey	Matthew			4		4.5		6			14.5	11	Pace
19	Hiles	John			6.5		8				5	19.5	8	Holy Innocents'
20	Johns	Cameron	6		?		6					12	6	Holy Innocents
21	Jordan	Thomas				2				3		5	8	Marist
22	Kirpalani	Sahil			4							4	4	Atlanta Speech
23	kunasky	jake								9	6.5	15.5	8	Holy Innocents
24	Ladden	Jarred					5		5		5	15	6	Davis
25	Levine	Theo	4		5		4		7.5			20.5	9	Pace



STAR© Testimonials



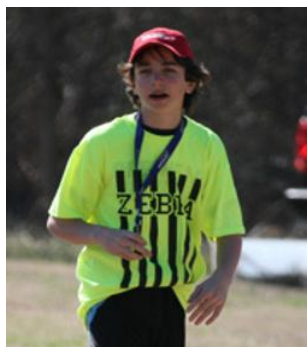
I love to be a star. I am a star because I am responsible. I don't slack off much. That is why I love stars. To be a star marks you as a person who does the complete job, not just taking the easy way out. You do well in school, and you show character and love to everyone. From being a star I learned to show character traits. Curiosity, because I ask about the game. Knowledge, because I comprehend the game. Finally, responsibility, because as a star you get many responsibilities. I have a great star experience. I started in 4th grade and will go on until I die. [hopefully] I ran the concession stand. Everyone was so nice to me. Overall, being a star is AWESOME!!!!!!!!!!!!!!----5th grader Bradley Reeves, Jr.

Why I am a STAR: I love the sport of lacrosse and want to teach the children how to play it correctly.

What it means to be a STAR it means a lot of responsibility and a lot of young children look up to me.

What I learned from being a STAR: I have learned many things, talking with people I have never meet before. I also have learned to see from the officials point of view, I now understand what they go through during average game.

Describe your STAR experience: Fun and I will take what I have learned and use it for the rest of my life. 11th grade Thomas Fochtman



Being a STAR allowed me to take on work responsibilities as a freshman in high school. It was a great all around experience for me. Not only was I working in an environment I loved, but I was able to take on many different roles. I got to ref, run the clock, and help coach younger teams. I really learned what it takes to run a lacrosse program in a great setting. Due to Mary Jo's leadership, the STARS are able to develop leadership skills in a very positive way. --11th grade CJ McCabe



STAR© Testimonials



As a STAR I have had an opportunity to be a part of some of the most rewarding community service and to see my hard work really pay off. One of the best parts of being a STAR is that I get to help out with younger kid's games, practices, and clinics. It is really exciting to be able to pass down what I've learned from my coaches to the younger kids and to see that what I am teaching them impacts their lacrosse career. Its great to know that I am part of a long chain that has learned and taught many kids the game of lacrosse. Another part of being a STAR is that I have been able to build up the fields and make what was just a field into a place with score towers and a lounge area for the players and coaches. I have been able to see the effects of my work because however much effort I put into the fields is how good my playing field will be. It is really exciting to be able to play on a beautiful field and know that I helped to make it that way. ---**8th Read Ziegler**

I am a part of the star program because it is fun and work. I really like it because all the other stars and referees are nice and help me when needed. It is also fun because I too get to help kids and coaches warm up for a game.

But most of all I like being able to work and have fun with my friends! --

7th Cameron Johns



Hey MJ

I'm clearly a STAR because I get to teach and coach what I love and spend time with ya'll. I'm able to teach kids and share with them what the older "stars" have taught me in the past. You'll always be put to good work and no matter what it'll always be a fun time, whether personally getting better or making someone else a better laxer.

-12th Davis Brown



Thank You

For more information our STAR[©] program contact

Mary Jo Corsetti
Atlanta Youth Lacrosse
www.ayllax.com

Email ayllax@charter.net

www.starvolunteer.com

MANY THANKS TO ALL OUR STARS...
STARS ARE AWESOME
AND...COOL!

