**Special Olympics PA Area M Track and Field Games**

**Important Buddy Training Reminders:**

* Your Volunteer T-shirt should be your top layer of clothing.
* When you are paired with your Athlete you will receive a Buddy Bag that contains their T-shirt, Athlete Number, Buddy Card, and Program.  If there is a yellow wrist band for your Athlete it means no pictures are to be taken of this Athlete.
* Pin Athlete Number on the **FRONT**of the Athletes T-shirt.
* Buddy Card lists the events your Athlete is participating in.
* Use the schedule of events in the program to plan your day.
* Bring a bag / backpack with sunscreen and tissues to carry your Athletes items.
* Bring a water bottle for yourself and one for your Athlete.  Water refill stations are located at the First Aid tables.  Please encourage your Athlete to drink water.
* Do not purchase food for your Athlete at the concession stand.
* Eat with your Athlete.
* Have a great day and Thank You for volunteering.