

# SPORTS BIGS

 Big Brothers Big Sisters.  
OF SAN DIEGO COUNTY

**UNLEASH A CHILD'S POTENTIAL  
WITH SPORTS BIGS & DISCOVER THE  
GAME-CHANGING EXPERIENCE!**

## WHAT IS SPORTS BIGS?

Step into the game with Sports Bigs, an exhilarating extension of Big Brothers Big Sisters of San Diego County's one-to-one Community Mentoring program. This unique initiative unites mentors and youth through the dynamic world of sports, laying the foundation for a healthy, active lifestyle while having a great time.

Together, matches embark on a variety of activities including Soccer, Basketball, Flag Football, Boxing Classes, Hiking, Frisbee, and even a BBBS-sponsored 5K, among others. Through these experiences, participants build essential interpersonal skills, embrace a growth mindset, and discover the thrill of achievement. This program is designed to strengthen the bonds between the mentor and mentee, while fostering character development, ambition, and leadership.



## WHAT SETS SPORTS BIGS APART?

At the heart of Sports Bigs lies a shared passion for athletics, wellness, and the unifying power of sports. This program is more than just fun activities; it's a pathway to foster long-term, positive physical and mental health.

Sports Bigs is focused on reducing the current waiting list, comprised of 70% boys, by engaging more men to become Big Brothers.

Participants gain exclusive access to sports and health clinics, complimentary or discounted event tickets, and insider tips on the best local spots for staying active.

## WHO CAN JOIN THE TEAM?

If you're 18 or older, can pass a background check, have a valid driver's license and car insurance, plan to be in San Diego County for the next year, and are ready to make a difference, then Sports Bigs is calling your name.

Existing Bigs with a zest for sports and activity are also welcome to join this vibrant community.

## WHAT'S THE INVESTMENT?

While we aim to keep activities free or low-cost, thanks to donated tickets and partnerships, we encourage an open spirit of adventure and flexibility in embracing the wide array of opportunities that San Diego has to offer.

Big Brothers Big Sisters community of supporters pays for the cost of your background check, volunteer processing and support.



## WHO'S ON YOUR TEAM?

Like all Bigs in our Big Brothers Big Sisters family, Sports Bigs are never alone. Each match is championed by a professionally trained Match Support Specialist, dedicated to fostering the bond between Big and Little, ensuring a rewarding and impactful experience for all involved.

## READY TO MAKE A MOVE?

Dive deeper into the adventure of Sports Bigs with our informative video and take the first step on an unforgettable and rewarding volunteer journey.

To get started, watch [this quick video](#).

Questions? Contact Gabriel Lopez, Customer Relations Specialist, at [GabrielL@SDBigs.org](mailto:GabrielL@SDBigs.org)

