

VALLEY RAIDERS VOLUNTEER FORM

VOLUNTEERING

VRTC is an all-volunteer organization. Volunteering is MANDATORY for ALL VRTC families to insure that few do not have to do all the work. There is no previous Track & Field knowledge needed in order to be a valuable member of VRTC: ALL POSITIONS ARE PAINFULLY EASY TO EASY-they just take time. At home meets, we are considered the "HOSTING CLUB" and are responsible for running the meets; at away meets, we are responsible for running at least two field events and helping out otherwise where necessary. This is an opportunity for your family to get involved. We are asking each family to volunteer 6+hrs. Keep in mind many volunteer far more time so your child and your family are able to have an enjoyable and productive season.

SIGN-UP GENIUS

We will use Sign Up Genius for track meets for our Volunteer online sign-ups.

VOLUNTEER DEPOSIT (or opt out fee for some)

This year, in addition to each athlete's registration fee there is a \$50 per family volunteer deposit, which you can earn back by volunteering a total of six (6) hours during the season. Otherwise, your deposit is used to help pay operating expenses and for uniforms, supplies, and equipment. There are a lot of volunteer opportunities, which range from easy to painfully easy, and pitching in to help is part of the experience. Once you have contributed your volunteer time, you can fill out a Request for Refund. If you do not complete and submit a Request for Refund by no later than 7 days prior to picnic (or pick up your check no later than the picnic), your deposit will be deemed a donation to the club. Refund checks will be at the picnic.

NON-MEET VOLUNTEER POSITIONS

Warm-Up Coach: We need parents who can assist with the warm-ups during practice.
Age Group Assistant Coach

TRACK MEET VOLUNTEER SAMPLE POSITIONS

Age Group Parent: (to coordinate and hand out tags)

Set up: 7am-8am

Field Event help: Long Jump, Shot Put, High Jump (2 hour shifts starting at 8:30 am)

Hurdle Set Up, Move and Store

Staging (need 3 per shift)

Escorts for relays

Finish Line Coordinator

Finish Line Helpers (shifts)

Meet Announcer

Data entry/timing (computer operators and helpers)

Clean Up (after meet approximately 2:30 pm)

Parent Name(s) _____

Email(s) _____

Tel number(s) _____

Athlete(s) _____

Sample Volunteer Opportunities

<u>Meets</u>	Description	Comments
Announcer	Announces the races, calls athletes to staging and makes special announcements at the track meets.	Home Meets
Meet Set Up	Assists with setting up tables, equipment, canopies, timing, staging, and field events in preparation for the meet.	Home Meets
Meet Clean Up	Taking down canopies, equipment, & tables and returning everything to the bin. Field, bathroom and bleacher clean up.	Home Meets
Data Entry	Type results in the system while the meet is going on.	Home Meets
Stagers	The stager's job is to get the athletes ready in time and heat order to run their race.	Home Meets
Staging Escorts	Escorts are responsible for escorting the athletes to the start line and keeping them in order.	Home & Away Meets
Field Events	Supervise, measure and track each athletes individual score (e.g. write distances/heights, rake long jump pit, change bar height for the high jump)	Home & Away Meets
Age Group Parent	Coordinate with coaches and athletes for athlete events; pass out tags to athletes	Home & Away Meets
Finish Line Coordinator	Receive tags, placing in lane assignment order	Home Meets
Tag Puller	Stand in one lane at the finish line, get the athlete's tag and give it to the Finish Line Coordinator.	Home Meets (Away meets as needed)
Hurdle Crew	Report to the infield during the 3000 meter race to assist with moving the hurdles on and off the field between each hurdle race. When hurdle races are done, put away hurdles.	Home Meets
Concession	set up, prepare and serve food at the snack bar	Invitational
<u>Practices</u>	Support & Assist coaches and athletes, including setting up & taking in high jump pits, starting blocks, long jump pit maintenance, general practice help.	Any practice