



CVAC JAGUARS

COWICHAN VALLEY ATHLETIC CLUB

Volunteer Commitment

The CVAC Jaguars Track & Field Club relies solely on volunteers for its operational success. We cannot operate as a club without those volunteers and those hours are greatly appreciated by the athletes and parents. There are many ways to contribute. Volunteer hours include volunteering at: VAAA track meets as high jump officials; the Garriock track meet; coaching and assisting athletes or volunteering in another capacity agreed to in advance by the CVAC Executive Directors.

Our track Club is one of the largest on the Island. In order to support our athletes, this year we are implementing a policy that requires a \$150.00 deposit to cover the volunteer commitment from each athlete. A minimum of 12 volunteer hours per family is required for each athlete registered with the Club in order to recoup the volunteer commitment deposit. At the completion of 12 hours the cheque will be returned or destroyed or, if the choice is to not complete the volunteer hours, the cheque will be deposited.

The post-dated Volunteer Deposit cheque (June 30, 20XX) will be collected during the Registration & Parent Information night. Please note your child will not be completely registered until we receive your Volunteer Deposit.

Volunteer Hours Tracking System

All volunteer hours/tasks will be tracked using a "Google Spread Sheet" entitled "Volunteer Commitment Tracker". The Volunteer Commitment Tracker "[*link*](#)" will be posted on the CVAC Jaguars website on the main page so volunteers have easy access to post their volunteer time. The Commitment Tracker will be available after regular registration has closed.

At the end of the year, the Volunteer Coordinator will review the Commitment Tracker. Families will be notified if they have met their volunteer requirement.