

# Valley Royals Track & Field Club

## Parent Guide to Volunteer Hours & Deposit



### Why We Ask Families to Volunteer:

Volunteers help our meets run smoothly, keep costs lower, and create a great experience for all athletes. Every family is asked to complete volunteer hours each year.

### 1. Required Volunteer Hours

#### Junior Development (Ages 8–13)

- Half Year: 8 hours
- Full Year: 12 hours

#### Track & Field / Cross Country / Middle Distance (Ages 14+)

- Half Year: 10 hours
- Full Year: 15 hours

#### University / College

- May to August: 5 hours

#### Families with Multiple Athletes

- For families registering more than one athlete, the **full volunteer requirement applies to the athlete with the highest required hours**. Each additional athlete in the same family requires **5 volunteer hours**.

### 2. Volunteer Deposit – How It Works

- Paid through the Registration Form - Deposit: \$200 per family
- Track your hours using our [Volunteer Hours Log Sheet](#).

### 3. How to Receive Your Deposit Back

- Complete the [Volunteer Deposit Refund Form](#)
- Once your hours are confirmed, your deposit will be returned by e-transfer.

### 4. What Counts as Volunteering?

- Event support: track meets, fundraisers, and club activities
- Club operations: committee roles, equipment help, and maintenance tasks

### 5. Questions or Help

- Hours or deposits: **Nicole Sutherland (Admin Assistant)** - [bookkeeping@valleyroyals.ca](mailto:bookkeeping@valleyroyals.ca)
- Volunteer opportunities: **Christa McAuley (Club Manager)** – [admin@valleyroyals.ca](mailto:admin@valleyroyals.ca)

Thank you for supporting the Valley Royals!