

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](#) and email it to Christa (Club Administrator)
- 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: **Christa (Club Administrator)** - admin@valleyroyals.ca
- Volunteer opportunities: **Naomi Booth (Volunteer Coordinator)** – naomi booth@valleyroyals.ca

Thank you for supporting the Valley Royals!