

Sheldon Track & Field

2016 Volunteer Form–Please complete and return or email

Coach Erin Regali: eregali@comcast.net

- Name:
- Athlete Name:
- Phone:
- Email:

Yes, I can volunteer at the following the events:

- _____Run for the Shamrock–March 12–Team Fundraiser
@ Alton Baker Park~8:30 a.m.–10:30 a.m.
- _____Home Meet–March 16: 3:00/3:45
- _____Home Meet–April 13: 3:30/4:15
- _____Home Meet–April 20: 3:30/4:15
- _____Home Meet–May 4: 3:30/4:15
- _____Pasta Feeds (Team Dinners)

Ways you can help at a track meet:

- Timing
- Measuring
- Raking
- Retrieving Implements
- General assistance to the head official.
- No Experience is necessary–All Help is greatly appreciated! It is my responsibility to staff all officials and volunteers for all home meets.

If you are willing to volunteer...I will always try to put you in an area that you can watch your son or daughter compete! Thank You!