

**Sheldon Track & Field --Volunteer Form
Ways you can support the team**

Home Track Meets at Sheldon:

Intra-Squad Meet: March 13: 4:00_____

Home Meet-March 20: 3:30/4:15_____

Home Meet-April 10: 3:30/4:15_____

Home Meet April 24: 3:30/4:15_____

Home Meet-April 30: 3:30/4:15_____

Ways you can help at a track meet, no experience necessary:

Timing, raking, measuring, retrieving implements, hurdles

All Help is greatly appreciated! The track program is responsible to provide all meet volunteers for 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!

Donation of team snacks/water/Gatorade_____

If no time to shop, can venmo funds for us to shop; @Erin-Regali

Help with team dinners: _____

Thank you for your support!

Please return form to Coach Erin Regali via email

eregali@comcast.net or text (541) 954-4745

Parent Name: _____

Phone: _____ Email: _____