

# LAHS Track & Field 2014

## Parent Volunteer Form



Parent volunteers are vital to the Los Al Track & Field program! **Los Al Track & Field needs each parent to volunteer at least three (3) times this season.** Don't worry, we'll show you what to do and how to do it. Please indicate your preferences below. You'll receive an email or text during the week of each meet at which we need your help. Thank you in advance!

**MAIL FORM TO:** Los Al Track & Field Boosters, 12284 Old Harbor Ct, Seal Beach, CA 90740

**Athlete's Name** \_\_\_\_\_ **Grade** \_\_\_\_\_

**Athlete's Event(s):**

Distance  Hurdles  Sprints/Relays  Long/Triple Jump  High Jump  Pole Vault  Shot/Discus

**VOLUNTEER NAME #1** \_\_\_\_\_ **Email** \_\_\_\_\_

**Cell Phone** \_\_\_\_\_ **Can you receive texts?** YES / NO

**Availability:** Mark all dates that you are available:

\_\_\_\_ March 6 \_\_\_\_ March 12 \_\_\_\_ March 19 \_\_\_\_ April 3 \_\_\_\_ April 9

**Preference:** Rank 1-3 (1 = 1<sup>st</sup> choice / 2 = 2<sup>nd</sup> choice / 3 = 3<sup>rd</sup> choice):

\_\_\_\_ Snack Bar \_\_\_\_ Timer \_\_\_\_ Jumps Measurer \_\_\_\_ Throws Measurer

**Time of Day:** Rank 1-3 (1 = 1<sup>st</sup> choice / 2 = 2<sup>nd</sup> choice / 3 = 3<sup>rd</sup> choice):

\_\_\_\_ 2:30-4:30 pm \_\_\_\_ 4:15-6:30 pm \_\_\_\_ 2:30-5:30 pm Jumps/Throws only

**I Can Also:** Mark all that you are interested in helping with:

\_\_\_\_ Host a Pasta Party \_\_\_\_ Organize A Fundraiser \_\_\_\_ Take Photos \_\_\_\_ Videotape  
 \_\_\_\_ Volunteer Coordinator \_\_\_\_ Restaurant Fundraiser Coordinator \_\_\_\_ Help with Banquet  
 \_\_\_\_ Donate Food/Drinks for Snack Bar \_\_\_\_ Donate Food/Drinks for Pasta Parties

**VOLUNTEER NAME #2** \_\_\_\_\_ **Email** \_\_\_\_\_

**Cell Phone** \_\_\_\_\_ **Can you receive texts?** YES / NO

**Availability:** Mark all dates that you are available:

\_\_\_\_ March 6 \_\_\_\_ March 12 \_\_\_\_ March 19 \_\_\_\_ April 3 \_\_\_\_ April 9

**Preference:** Rank 1-3 (1 = 1<sup>st</sup> choice / 2 = 2<sup>nd</sup> choice / 3 = 3<sup>rd</sup> choice):

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**For more information visit:** [www.losaltrack.com](http://www.losaltrack.com)

The Los Alamitos Track and Field Booster Club is a 501(c) federally certified, non-profit organization, therefore all contributions are tax deductible. Our Federal Tax ID# is 42-1641880. No Student Athlete will be denied the opportunity to participate based on the ability to make a donation.