



# 2025 Summer Volunteer Hours Record Sheet

**PLEASE PRINT CLEARLY**

Athlete(s) Name/Swim Group:	Phone Number:
Registered Parent(s) Name(s):	Email Address:

**It is the responsibility of each family to record their volunteer hours. Please ensure hours are signed by a COQ Sharks Executive Member at the time of completion and submitted by the deadline. Volunteer hours must be completed by parents/legal guardians (19+) of the athlete ONLY.**

**Completed sheets must be handed in by August 5, 2025.**

Date	Volunteer Job Description	Start time Finish Time	Number of Hours	Verified by COQ Sharks Executive Member ONLY
June XX	*** For Example *** Marshalling	1:00pm - 3:00pm	2 hours	

<b>TOTAL HOURS THIS SHEET ONLY</b> SHEET __ of __	
--	--

**PLEASE DO NOT LOSE THIS SHEET.** There will NOT be any other way of confirming your recorded hours. **ADDITIONAL FORMS** are available online at [www.coquitlamsharks.org](http://www.coquitlamsharks.org). To ensure the success of our club and its functions members are encouraged to continue volunteering once they have met their required hours. **ANY additional participation is highly appreciated.** Thank you from the Coquitlam Sharks Executive, Athletes and members for your donation of time.

**PLEASE DO NOT LOSE THIS SHEET.** There will NOT be any other way of confirming your recorded hours. **ADDITIONAL FORMS** are available online at [www.coquitlamsharks.org](http://www.coquitlamsharks.org). To ensure the success of our club and its functions members are encouraged to continue volunteering once they have met their required hours. **ANY additional participation is highly appreciated.** *Thank you from the Coquitlam Sharks Executive, Athletes and members for your donation of time.*