



2025 Summer Volunteer Hours Record Sheet

PLEASE PRINT CLEARLY

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|-------------------------------|----------------|
| 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 | |
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| TOTAL HOURS THIS SHEET ONLY | | | | |
| 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. 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.**