

Volunteer Policy

Expectations—Volunteer Requirements

The Tucson J Stingrays is a community, and we are made up of more than just our swimmers and coaches. All responsible adults are also participants on the team: we rely on the RAs to support their swimmers and model good sportsmanship and team values. As such, all RAs are expected to participate to some extent with the team, be that through education, volunteering at swim meets, or assisting in fundraising. Athletes' RAs will earn points for each volunteer activity or contribution, and families must earn a certain number of points to remain in good standing for the year. The volunteer year runs from mid-August through July. There are a variety of ways to earn points.

Deadline - All points must be earned by July 31. The cost for not meeting the requirement is

\$10 per point not earned. For each point not met, your Commit account will be charged \$10 on August 1. For example, if you are missing 5 points, your account will be charged \$50.

If your athlete leaves the Team prior to the July 31 deadline, your Commit account will be charged for any missing points on the last day of your athlete's last month with the Team, or upon notice of your athlete's leaving the Team, whichever is later. Should your athlete rejoin the Team during that same service-hours year, the charge can be refunded to you so that you can continue earning volunteer points.

100% of proceeds from outstanding volunteer points goes into the Stingrays Scholarship Fund to assist athletes who might not otherwise be able to participate on the Team.

Tracking – All volunteering will be tracked through your Commit account.

- You can check your volunteer hours by logging into your Commit account and visiting the "Service Hours" tab.

If you have any questions about hours tracked, please notify the Head Coach.

General requirement -

- For nuclear-family households, a minimum of 20 points is required.
- For single-RA households, a minimum of 10 points is required.
- For families who only participate April through July, a minimum of 10 points is required.
- For single-RA households who only participate April through July, a minimum of 5 points is required.
- Generally, the Team does not prorate the above obligations. Exceptions may be made in exceptional circumstances.

How to Earn Points *Other volunteer opportunities may arise and be announced by the coaching staff*

- Education o Completing *Parent's Guide to Misconduct in Sport (FKA Safe Sport for Parents)*: 6 points (per responsible adult who completes the course); the course can be completed once each year; the course must be completed through the individual's

USA Swimming account; please send Certificates of Completion to the Head Coach for point verification

- Assisting athlete in completing the appropriate Safe Sport training for their age group: 6 points (per athlete who completes the course); the course can be completed once each year; the course must be completed through an RA's USA Swimming account; please send Certificates of Completion to the Head Coach for point verification
- Attending other Safe Sport training: 5 points per hour attended; please verify with the Head Coach that the course you would like to take for credit is eligible for credit prior to completing the course; Certificate of Completion must be sent to the Head Coach
- Viewing Team Presentation recording on the Stingrays MAAPP: 2 points (per RA who watches the presentation)
- Speaking/ presenting at a Team Meeting (Junior and Senior groups): 2 points
- Participation at Swim Meets
 - Timing: 4 points per shift
 - Official: 10 points per meet
 - Bringing snacks, food, or water for athletes: 3 points per meet session
 - Transporting Team tents and supplies to swim meets: 3 points per one-way transport
- Participation in other Team activities
 - Party, Banquet, or other event planning committee: 10 points per event
 - Serving as a liaison to new and prospective families: 10 points
 - Donation of Hot Cocoa for winter practices (Kosher): 1 point per single-serve 8count box
 - Donation of kosher snacks for athletes before/after practice: 3 points per donation of snacks for 10-15 athletes
 - Assistance in making and serving kosher hot cocoa for winter practices: 2 points per day
 - Set-up or clean-up at a Team event: 3 points
 - Timing at a Stingrays mock meet: 3 points
 - Counting laps during Swim-a-Thon: 3 points per 1.5-hour session
 - Serving as a parent chaperone during overnight team travel: 15 points
- Fundraising and Giving
 - Fundraiser-planning committee member: 10 points
 - Help obtain a sponsor: 10 points
 - Participation in a Team fundraiser (Chipotle, Coldstone, etc.): 1-2 points
 - A monetary contribution to the Stingrays of \$10: 1 point
- Referrals
 - Refer a new family to the Team (family must register at least one athlete for at least one month): 3 points per family referred