Instructions for earning volunteer hours
at UCD swim meets
Summer 2013

Montgomery County high schools require 75 volunteer service hours (SSL or service learning hours) for students to graduate high school. The Upper County Dolphins Swim team, through Montgomery County Recreation is an approved SSL organization.

Middle or high school students can sign up for specially marked jobs (SSL Only) on www.signupgenius.com that earn SSL hours. These are the only jobs students may sign up for.

These jobs do <u>NOT</u> count toward family obligations. We are giving students the opportunity to earn hours. The team is getting the benefit of spreading our parent volunteers a bit farther. The jobs that qualify to earn SSL hours for our team are:

- Runner
- Concessions worker
- Clerk of Course Assistant
- Ribbon Writing Assistant
- Heat Winner Ribbon Worker
- Other non-meet jobs approved by coach or parent rep ahead of time

<u>***The binder will be kept in the family folder team box***</u>

How to track your hours:

1. Print your name on a blank volunteer tracking sheet in this binder-File it alphabetically.
2. Use one form for the entire season, add extra pages if needed.
3. <u>If volunteering at a meet</u>:
   Check in before the meet with the volunteer coordinator. Fill in the date and the job you are doing.
   Volunteer check in parent will approve your form as supervisor & record number of hours worked.
4. <u>If volunteering outside of meets</u>:
   Fill in the date, job, and number of hours worked.
   Get parent rep or coach who approved your job to approve your form as supervisor.

   At the banquet, you will receive your approved SSL Form signed by Coach Jen Taylor. Attached will be your tracking sheets as evidence of your hours worked. Both should be turned in to your school.

   If you will not be attending the banquet on Saturday July 20, 2013, please let us know so you can get your form early. Questions? Contact Root Teklemariam at root.tekle@gmail.com or Lauren Mannella at laurenmannella@yahoo.com.