



## NCAT Family Involvement

### FAMILY INVOLVEMENT:

The success of the North Coast Aquatic Team depends on the involvement of every family. Every family is required to work a minimum of 10 hours during the year (4-6 credit hours during the Short Course season and 4-6 credit hours during the Long Course season)(credit hours may be slightly longer or shorter than an actual hour, depending upon the position). Any volunteer hours not completed will be billed to the family at the end at a rate of \$50 per hour. This policy is non-negotiable.

#### Ways to fulfill volunteer hours:

- Serve on the Executive Board of Directors or Site Board Committees.
- Volunteer at NCAT hosted meets. We offer 6 meets (3 SC and 3 LC meets plus dual meets)
- Volunteer at Lake Erie sponsored meets where NCAT is obligated to provide volunteers.
- Volunteer at Team functions.
- Volunteer your specific professional skills as requested, insurance review, legal consultation, graphic design, etc.

#### Volunteering for Events:

- Volunteer positions are posted on the Team website in advance of all events.
- In order to volunteer, one must sign up, and each family is encouraged to do so as soon as possible.
- After signing up, check the Team website and look for e-mails as positions and hours may change depending on event requirements.
- On the day of the event, arrive on time and sign in to receive further instructions.
- Volunteers must fulfill their entire assigned time slot to receive volunteer credit.

#### North Coast Aquatic Team

- If a volunteer's participation cannot be verified, hours cannot be credited.