Volunteer TODAY

**Expression of Interest Form**

# Recreation, Sports and Aquatics Club

## Quality Of life options for people LIVING with disablitY

# Sport, recreation, LEISURE and social activities for people with a disablity and support for their carers.

## VOLUNTEER OPPORTUNTIES INCLUDE INVOLVEMENT IN ONE OFF PROJECTS, WEEKLY TRAINING AND SUPPORT, REGULAR INVOLVEMENT IN VARIOUS ACTIVITIES: you choose.

Volunteers get involved in: Training, Administration, Event Management, Fundraising, Social Activities, Health, Fitness, Fun, Camps and Travel, Sporting Opportunities, Competition.

**Name** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Address** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Post Code** \_\_\_\_\_\_\_

**Email** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Phone** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Drivers License** ❒ YES grade \_\_\_\_ ❒ NO

**Occupation** (if applicable) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Any formal coaching or other relevant qualifications/experience, First Aid etc**.? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Availability** ❒ Weekly Evenings ❒ Weekends ❒ Anytime ❒ \_\_\_\_\_\_\_\_\_\_\_\_\_

**Active Participation Skills Areas**

❒ Basketball ❒ Bocce ❒ Cooking ❒ Cricket ❒ Drama ❒Dance ❒ Gymnastics ❒ Holidays/Camps ❒ Indoor Soccer ❒ Swimming

❒ Social Outings ❒ Soccer ❒ Tennis ❒ Tenpin Bowling ❒ Other \_\_\_\_\_\_\_\_

**Other Skills**

❒ Media ❒Design ❒ Fundraising ❒Events Management

❒ Website Management ❒Financial Management ❒ Administration

❒ Volunteer Management ❒ Will Help Anywhere ❒ Other \_\_\_\_\_\_\_\_\_\_\_

**Screening:** I agree to undertake a NSW Government Working with Children Check / Police Check for hands on rolls. ❒ YES ❒ NO

Recreation, Sports and Aquatics Club PO Box 120 BANKSTOWN 1885 P: 9790 5001 e: [RSAClub@bigpond.net.au](mailto:RSAClub@bigpond.net.au) w: [www.disabledsportrsac.org.au](http://www.disabledsportrsac.org.au)

RSAC Present AreAs of Need

**ADMINISTRATIVE:** Data entry, office assistance on a regular basis (say 2-4 hours per week) at Bankstown

**EVENT MANAGEMENT:** People who can commit to a project and see it through as part of a team, usually a couple of hours per week leading up to event and several hours at event over a period of months.

**FUNDRAISING:** Both big picture and small event support, from being on a Fundraising Committee to selling raffle tickets, helping out at BBQ’s, writing thank you letters, sourcing raffle prizes etc.

**PROMOTION:** Volunteers needed who can identify areas that we can promote ourselves to recruit member and participants, volunteers, sponsors, partners and networks and to keep contacts flowing, speak at events, distribute appropriate information.

**MEDIA/IT:** Volunteers sought to redevelop and maintain website, social media and mail distribution online.

**ACTIVITY SUPPORT:** All RSAC activities require volunteers to coordinate, coach, mark rolls, collect money and manage the programs. Some require assistants for 1 hour a week, others one day per month. The following especially require support:

* Basketball: Tuesdays Riverwood 5:30-7pm Coach needed for mixed team.
* Swimming: Monday Roselands Pool 6-7:30pm Coach required for small squad level group. Some knowledge of squad swimming required.
* DANCE CLASSES: Tuesdays Bankstown 6-7:30pm Assistant for dance instructor, performance based dancing, mixed ability and age group.
* Swimming: Friday Nights Roselands Pool 6:30-7:30pm No experience necessary but need to be willing to get in the pool with participants. Coaches will let you know what to do.
* Indoor Soccer: Sundays Bankstown 9:30-10:30am Adult group, coach needs helper on court. 9 weeks each term.
* Basketball: Wednesday Penshurst 6:30-7:30pm Assistant coach for kids basketball group.
* Swimming: Wednesday Penshurst 6:30-8:30pm Assistant coaches for learn to swim and squad groups.
* Social Clubs: Weekend outings monthly. Various groups meet Hurstville, Revesby, Town Hall and Campbelltown. Most groups plan outings for the year and the group meet and travel to destination for the day. 4-6 hour outings.
* Tenpin Bowling: Enfield Wednesdays 5:30pm Assistant coach and administrative helper required.
* Tenpin Bowling: Revesby Mondays 10:30-11:30am monthly. Assistant required.
* Cricket: Bankstown bi-weekly Sundays 9-11am Assistant coach & administrative support required.
* Soccer: Saturdays Peakhurst 9:30-11am Assistant coach required.
* SCHOOL HOLIDAY MIXED ACTIVITIES: Help for one session or more across a range of activities and events such as sailing, hot shot tennis, mixed sports, etc.
* Other present and future possibilities….. call to discuss.

## What you get for your efforts:

* Satisfaction of doing something worthwhile, sense of belonging, purpose
* Gain Experience, develop skills and knowledge
* Fun and friendship
* Networks, build social circles
* Possibility of qualifications, resume listings, reference.

We will provide training and cost of accredited courses for committed volunteers.

We have many volunteers who have been with us for over 20 years, so it can’t be too bad!

We have over 65 volunteers, without whom we could not function.

Contact us now to see how you can be part of our team.