

VOLUNTEER TODAY

Expression of Interest Form

RECREATION, SPORTS AND AQUATICS CLUB

QUALITY OF LIFE OPTIONS FOR PEOPLE LIVING WITH DISABILITY

SPORT, RECREATION, LEISURE AND SOCIAL ACTIVITIES
FOR PEOPLE WITH A DISABILITY AND SUPPORT FOR THEIR CARERS.

VOLUNTEER OPPORTUNITIES 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
Holidays/Camps Indoor Soccer Swimming Social Outings
 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 & complete the NDIS Worker Orientation Module 'Quality, Safety & You' for hands on rolls. YES NO

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 6-7:15pm Coach needs helper for mixed team.
- **BASKETBALL:** Tuesdays Riverwood 7:15-8:45pm Coach needs helper for mixed team.
- **BASKETBALL:** Wednesday Penshurst 6:30-7:30pm Coach needs helper for kids basketball group.
- **CRICKET:** Bankstown Every second Sunday 9-11am Coach needs helper for cricket program
- **DANCE:** Tuesday Bankstown 5:30-7pm Assistant to the Dance Instructor
- **HIP HOP:** Wednesday Allawah 5:30-7pm Assistant to the Dance Instructor
- **KARATE:** Monday Bankstown 7:15-8:30pm Assistant to the Karate Coach
- **INDOOR SOCCER:** Sunday Bankstown 9:30-11am Assistant to the Soccer Coach
- **SWIMMING:** Wednesday Penshurst 6:30-8:30pm Assistant Instructor. No experience necessary but need to be willing to get in the pool with participants. Coaches will let you know what to do.
- **SWIMMING:** Friday Nights Roselands Pool 6:30-7:30pm Assistant Instructor. No experience necessary but need to be willing to get in the pool with participants. Coaches will let you know what to do.
- **SWIMMING:** Thursday Bexley 6:30-8pm Assistant coaches for learn to swim and squad groups.
- **COOKING:** Saturday Bankstown monthly classes.
- **TENNIS:** Saturdays Beverly Hills 9am-12pm Helpers required.
- **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.
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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 Tina Acosta now to see how you can be part of our team.