



New Westminster Minor Lacrosse Association (NWMLA) Volunteer Requirements & FAQ

At NWMLA, we rely on the support of volunteers to provide the best possible experience for our athletes. Whether it is serving on the board, helping on committees, or acting as coaches and team managers, every role contributes to our success.

Volunteer Requirement

To ensure fair participation and prevent volunteers from being overwhelmed, each family is required to contribute five hours of volunteer time per player per season. These hours can be completed by supporting your team or contributing to the organization in various capacities. Please note that team managers, head coaches and NWLA Executive Members are exempt from this requirement. Families with multiple children are still required to fulfill five hours per player, unless they hold one of these exempt roles.

Volunteer Deposit

At the beginning of the season, families will be required to provide a post-dated cheque for \$100. This cheque will be held by your team manager and returned at the end of the season if the required volunteer hours are completed. This is in addition to any uniform deposit cheques.

Examples of Volunteer Opportunities

Activity	Activity Time Allocation (Hrs)
Field Set up	0.25
Field Take Down	0.25
Snacks - 1 Game	0.25
Snacks - Full Season	5
Score	1-1.5 Depending on age group
Clock	1-1.5 Depending on age group
Photo Day	2
Fundraising	TBA
Assist Board	TBA
Other	TBA

FAQ:

Q: What if I can't meet the 5-hour volunteer requirement?

A: If the 5-hour requirement is not met, your \$100 volunteer deposit cheque will be cashed at the end of the season.

Q: Can I volunteer more than 5 hours?

A: Absolutely! We encourage families to contribute more if they can. There are many opportunities to assist throughout the season.

Q: How do I sign up for volunteer shifts?

A: Volunteer opportunities will be communicated by your team manager. You can sign up for specific tasks at the beginning of the season or as needed throughout.

Q: Can I fulfill my volunteer hours by helping the organization instead of my team?

A: Yes! There are plenty of roles at both the team and organizational levels. You can assist with fundraising, serve on the board, or help with league-wide events.

Q: How will my volunteer hours be tracked?

A: Volunteers are expected to self-track their hours using a Google document link provided by the team manager. You will be responsible for updating your own hours and ensuring they are logged accurately.

Q: What if I have multiple players in the NWMLA?

A: You will need to complete 5 hours per player. For example, if you have two children playing, the total requirement is 10 hours.

Q: If my child was released from another team, do I need to participate?

A: Yes, if your child is now a member of a New Westminster team, the volunteer requirement still applies. However, if your child was released to a team outside of New Westminster, you do not need to volunteer, although you are welcome to do so.

Q: The volunteer tracking spreadsheet isn't working. Who should I contact?

A: Please contact the Treasurer at treasurer@minorbellies.com for any issues related to the spreadsheet.

For any additional questions or clarifications, please contact volunteer@minorbellies.com.