



# 2010 Volunteer Registration Form

**Once all your information is filled in, please mail to:**

Ups and Downs, P.O. Box 61180, Kensington RPO, Calgary, AB T2N 4S6

## VOLUNTEER INFORMATION

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Country: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_ Email 2: \_\_\_\_\_

Age: \_\_\_\_\_

## OTHER INFORMATION

1. From time to time we like to keep volunteer informed using e-mail. Do you give permission to Ups and Downs to e-mail you in regards to newsletters, announcements and volunteer opportunities? Yes/ No
2. Why have you chosen to volunteer with Ups and Downs?  
 I have a relative with Down syndrome  
 I am a parent of a child with Down syndrome  
 I work with individuals with disabilities  
 Other \_\_\_\_\_
3. Do you have any special skills or are you in an occupation that might of help to Ups and Downs?  
\_\_\_\_\_
4. Do you speak another language besides English and would you be willing to work as an interpreter?  
\_\_\_\_\_

## VOLUNTEER OPPORTUNITIES

Please check off all events you are interested in volunteering for. For more volunteering opportunities please see the other side of this form.

### FUNDRAISING:

#### **Street Meet 2010 - 10K Run and 3K Walk, June 19<sup>th</sup>**

- Event Committee (6 positions available)
- Race Coordinator
- Registrations Volunteer (4 positions available)
- T-Shirt & Race Package Volunteer (2 positions available)
- Raffle Ticket Volunteer (4 positions available)
- Kids Events (4 positions available)
- Caregiver
- Photographer (2 positions available)
- Cooks (2 positions available)
- Cooking Area Helper (2 positions available)
- Run Marshal (10 positions available)

#### **Get Up by Getting Down with Cooking Event, September**

- Prize collector

#### **Golf Tournament, August 31<sup>st</sup>**

- Golf Committee
- Event Volunteer – set up (6:30am – 9:30am)
- Event Volunteer – help on course (6:30am – 2:30pm)
- Event Volunteer – silent auction table (1:30pm – 3:00pm)

### **Family Events**

- BBQ, August 14th (Event set up and kid events)
- Dinner Dance, Nov 5th (Event set up and kid events)
- Kid Christmas Party, Dec 12th (Event set up and kid events)

### **Administration**

- Board of Directors (1st Monday of every month from 6:45pm – 9:30pm)
- Newsletter Mail-outs (As required)
- Phone Out for Events (As required)
- Office Duties (4hour shift Monday – Friday)

### **New Parents**

- Visiting Parent Program, volunteers as required  
(Volunteers for Visiting Parents Program must be a parent of a child with Down syndrome)
- Wonder Years Conference, Nov 28th (Event set up and Childcare)

### **Friendship Club (Teens & Young Adults)**

- Valentine Dance, Feb 5th
- Teen Conference, May 1st
- Summer Event, July TBA
- Halloween Dance, Oct TBA

