

**Northern Virginia Senior Olympics (NVSO)**  
**2025 Volunteer Request Form**  
(Please complete a separate form for each event.)

---

- 1) **EVENT:** Ten Pin Bowling
- 2) **Number of Volunteers Needed:** 0
- 3) **Location of Event:** Bowlero Sterling
- 4) **Event Director's Name:** Judy Massabny
- 5) **Event Director's Contact Info:** 703-217-0285
- 6) **Time Commitment:** 9 am. To 4 p.m.
- 7) **Date of event:** Tuesday, Sept. 30, 2025
- 8) **Volunteer Duties (please describe the task that the volunteer would be asked to perform for your NVSO event):** If needed, assist with sign-in, help with awards

**NOTE:** Volunteers will receive a Volunteer T-shirt indicating that they volunteered for the Northern Virginia Senior Olympics. Also, if no relevant skills or experience is required, an Event Director will provide training and orientation.