

**Northern Virginia Senior Olympics (NVSO)**  
**2025 Volunteer Request Form**  
**Frisbee Throw**

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**NOTE:** Frisbee, football, and softball throwing; plus, softball hitting; some events are run simultaneously, with competitors going back and forth, all on the same field; award ceremony also run with all four events together.

- 1) **EVENT:** Frisbee throw (run consecutively with softball hit)
- 2) **Number of Volunteers Needed:**  
3 or more
- 3) **Location of Event:**  
Wakefield District Park; **Field #3**  
8100 Braddock Road  
Annandale, VA 22003
- 4) **Event Director's Name:**  
Chuck Kleymeyer and Melissa Nester
- 5) **Event Director's Contact Info:**  
Melissa Nester [moms\\_girls\\_3@yahoo.com](mailto:moms_girls_3@yahoo.com);  
Chuck Kleymeyer [gochaski@verizon.net](mailto:gochaski@verizon.net)
- 6) **Time Commitment:**  
3 hours at the events, if the volunteers do two successive events (plus their driving time)
- 7) **Date of event:**  
September 17, mid-morning through early afternoon
- 8) **Volunteer Duties:**  
With helpers, measure throws and/or hits, using flags and measuring tapes. Report distances to event director. Help the director handling equipment.  
Have lots of fun with a nice group of people!
- 9) **What to Bring:**  
Drinking water, bag lunch, hat, and sunblock.