

Northern Virginia Senior Olympics (NVSO)
2026 Volunteer Request Form

- 1) **EVENT:** Rowing - ERG
- 2) **Number of Volunteers Needed:** Three (3)
- 3) **Location of Event:** Thomas Jefferson Community Center
- 4) **Event Director's Name:** Herb Levitan
- 5) **Event Director's Contact Info:** herblevitan@gmail.com
- 6) **Time Commitment:** 3 hours
- 7) **Date of event:** Sept. 19, 2026
- 8) **Volunteer Duties (please describe the task that the volunteer would be asked to perform for your NVSO event):** Training will be provided by event director

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.