

Northern Virginia Senior Olympics (NVSO)
2026 Volunteer Request Form

- 1) **EVENT:** Track Day
- 2) **Number of Volunteers Needed:** 18
- 3) **Location of Event:** Thomas Jefferson Community Center – 3501 2nd St S.,
Arlington VA 22204
- 4) **Event Director's Name:** Mike McCormick
- 5) **Event Director's Contact Info:** 703-408-1427
- 6) **Time Commitment:** 9am-3pm
- 7) **Date of event:** Saturday, September 19
- 8) **Volunteer Duties (please describe the task that the volunteer would be asked to perform for your NVSO event):**
 - Help runners/walkers count laps and be their cheerleaders **(10)**
 - Manage posterboard station where volunteers/family/friends will be able to make posters to help cheer on the athletes **(2)**
 - Give out medals to athletes **(2)**
 - Organize athletes into event heats and starting times **(2)**
 - Help guide athletes to their starting positions **(2)**

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.