

Northern Virginia Senior Olympics (NVSO)
2026 Volunteer Request Form
(Please complete a separate form for each event.)

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
- 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;
Chuck Kleymeyer 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:**
Wednesday, September 16, 10:00AM to 1:30PM
- 8) **Volunteer Duties (please describe the task that the volunteer would be asked to perform for your NVSO event):**
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.