



Record of volunteering

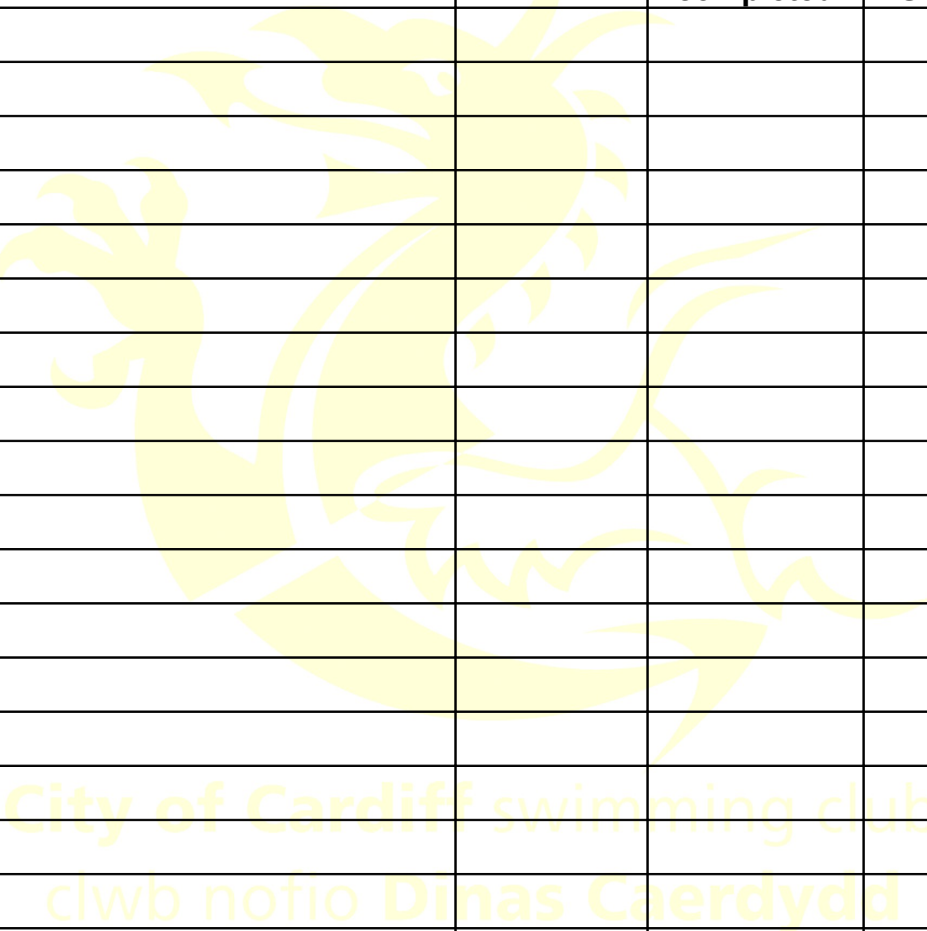
Name of LCP Swim Wales

Volunteer's name: _____

Host organisation: City of Cardiff Swimming Club

Host contact: Nikki Thompson

Volunteers' Activities	Date	Hours completed	Coach Signature
	TOTAL		



Volunteer's signature _____ Date: _____

Host Organiser's signature _____ Date: _____

BUILD ON WHAT YOU'RE INTO