



# Tech Track Involvement Opportunities

## Contact Information

Name	
Street Address	
City, State, ZIP	
Home Phone	
Work Phone	
E-Mail Address	

## Volunteer Opportunities

Check which activities you are interested in volunteering for

Activity:	Description:
<input type="checkbox"/> Record wall of fame	Compile and creatively display track and field records
<input type="checkbox"/> Host a pre-meet meal	If you provide the venue we will provide money for food supplies
<input type="checkbox"/> Become a Track and Field judge and Timer	(A) Attend training on Friday April 15, (B) Work Tech Triangular Tuesday April 26 (C) Work South Junior Invitational May 5 <sup>th</sup> *Dinner is included after training and meets worked.
<input type="checkbox"/> Chaperone a track meet	Travel with team and help with meet set up and supervision
<input type="checkbox"/> Other	Write in how you would like to help-_____

## Fundraising Opportunities

Check the fundraiser you would like to help with

<input type="checkbox"/> Tech Tiger Trot	A 5K Run/Walk to raise money for Tech Runners. Set up at Discovery Elementary on Friday August 26 from 6:00 – 7:00 pm; Course workers, registration, finish line spotters, tear down needed on Saturday August 27 <sup>th</sup> Discovery Elementary school 8:00AM –12:30pm
<input type="checkbox"/> Varsity Gold cards	We will be selling Golf cards this spring to off set current season costs. The Varsity Gold golf cards sell for \$40.00. The school receives half.
<input type="checkbox"/> Taste Testing	Contact Wanda Sis in the Guidance office or e-mail wanda.sis@isd742.org

### Please complete and return to:

Attn: Shelly Fruth  
 Student Activities office  
 Tech High School  
 233 12<sup>th</sup> Ave. So.  
 St. Cloud, MN 56301