Shuswap Ringette Mentorship Program

CIT-Coach-In-Training

Name:

Date	Activity	Description of activity	Total Time
Example: Oct 6/09	Bunny Practise	Helped the coach with the new skaters	1.5 hours
		Total Time	

Coaches Signature

Please keep track of your own form, and fill it in after each activity to keep track of the number of hours that you are contributing to the Mentorship Program. Have your coach sign this form at the end of the season. This will be your record of volunteer hours.