

Volunteering

**A HUGE
THANK YOU**

Canberra City Gymnastics Club
www.canberracity.org.au

at
**Canberra City
Gymnastic Club Inc**

*To all our current
and
future helpers.....*

*from your
Management Committee*



*Cnr College and Chandler Sts
Belconnen, ACT 2617*

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Office Hours:
9:30 to 5:30 pm weekdays
8:30 to 1:30 pm Saturdays



**a not-for-profit
organisation dedicated
to the provision of a
high quality gymnastic
and social environment
to benefit the fitness
and self confidence of
participants.**



CLUB VOLUNTEERS

Volunteering

It is with and through human resources that sport is delivered to communities throughout Australia. The management and delivery of sport & recreation programs and services relies on the involvement and commitment of a large number of volunteers and a smaller but *increasing* number of paid staff.

Volunteers are often described as the 'backbone' of the sport & recreation system and approximately 1.5 million people are involved in voluntary work with sport or recreation organisations throughout the nation.

Volunteers are an integral and valued part of sport and recreation organisations.

Volunteering at CCGC

What defines a volunteer?

Volunteering Australia defines a volunteer as *'a person who chooses to contribute their time, skills and experience, for no payment (other than reimbursement for out-of-pocket expenses), to benefit the community'*.

Although some volunteering at CCGC may take place within a formal structure, many of our volunteers are involved on an informal basis and some of our volunteers do not have a direct connection to the Club but are keen to contribute (for example, grandparents).

Why volunteer?

Volunteer work itself is not always seen as fulfilling; however Club volunteers have reported experiencing:

- * a sense of personal satisfaction;

- * a sense of helping youngsters to benefit from sport and therefore a sense of helping the general community;
- * a sense of ownership and Club pride;
- * some very pleasant social opportunities.
- * personal development in a different discipline area!

We value volunteers!

At CCGC we greatly appreciate all volunteer contributions, whether it is help with the Saturday morning sausage sizzles, assistance at events or in classes, help at working bees or simply tidying up. 😊

If you would like to help, we would love to hear from you!

For more information

http://www.volunteeringaustralia.org/html/s01_home/home.asp

Volunteers are always sought

