



Hammerhead Racing Team-Volunteer Log

To fill the Hammerhead Triathlon Contact, athletes must volunteer a minimum of 20 hours assisting Body and Mind Solutions with their events including Hammerhead Kids Camps and Races. Please use this log to keep track of your volunteering hours and turn this in no later than the 15th of December.

Printed Full Name of Athlete: _____ Date: _____

Event Date	Event Name	Description	Time Volunteered
Total			

Signature of Athlete: _____ Birth Date/Age: _____

Printed Name of Parent: _____ Signature of Parent: _____