



**Carmarthen & District Harriers
Athletic Club**



**WELSH ATHLETICS
ATHLETAU CYMRU**

We need you to Volunteer if we are going to ensure our children's athletic careers.

Our club is very short of volunteers.

What ever your ability or availability we would really welcome your help.

Worried you haven't enough time?

We welcome both regular and infrequent volunteers, even if it's only a couple of hours two or three times a year.

Worried you don't know what to do?

We have lots of different roles for volunteers that don't need specific knowledge. We also offer recognised training courses (fees and expenses paid by the club).

If you think you might be able to play a part, please speak to one of the committee or club coaches to learn more about how you can help.