

La Roca FC Volunteer Ideas (15 Hours per Family Requirement)		
Event Support		
La Roca Cup Tournament		
Event Set-up (tents, tables, signage)		
Field Set-up (goals, flags, lining)		
Field Marshals		
Registration table		
Runners		
Parking		
Hospitality/snack tent/refs		
Merchandise tent		
Clean-up Crew (daily trash patrol)		
Event Take-down and equipment return		
20th Anniversary Memory Wall		
Organize and help market event		
Organize coaches' game		
20th Anniversary Carnival		
Booth attendants (games, ticket sales, raffle)		
Set-up and decorations		
La Roca merch sales		
Clean-up and tear-down		
Coach and Alumni Dinner		
Event planning & coordination		
Set-up (tables, seating, signage)		
Check-in & welcome		

Food service/help		
Clean-up		
La Roca Night/RSL Night		
Help sign people up for on-field activities		
Be there the day of the event and help the teams get organized		
Be the point of contact for questions		
Communicate with RSL and be the middle person between RSL and La Roca parents		
Field & Facility Maintenance		
La Roca Park & Lehi Family Park		
Weekly garbage patrol		
Weed control and landscape care		
Painting (field lines, fences, posts)		
Facility/building cleaning		
Organizing storage sheds and equipment areas		
Repair/maintenance help (handyman tasks)		
Regional Committee Involvement		
Community Outreach Committee		
Find ways to get involved in the local communities where La Roca participates.		
Coordinate charity drives or service projects		
Organize team service days		
Tryout Committee		
Assist with check-in and registration		
Help direct families and players		
Field set-up and tear-down		
Parking		

Sponsorship & Fundraising Committee		
Secure local business sponsors		
Help with fundraising events		
Corporate donation follow-up calls/emails		
Marketing Committee		
Social media support (content ideas or photos)		
Graphic design for flyers and posts		
Distribute flyers to local schools/businesses		
Write short articles or player spotlights		
Newsletter		
ECNL		
Game day set up and tear down		
Team Fundraising Manager		
Team Finance Manager		
Team Social Media		
Travel Chaperone (must complete certificates and pass a background check)		
Team & Club Operations		
Team Parent Support		
Team financial manager		
Team fundraiser manager		
Team Social media expert		
Travel Manager		
Club Admin Help		
Office support		
Volunteer hour tracking or verification		

Photography/Videography		
Take game or event photos		
Create highlight reels or promotional videos		
Seasonal or Special Projects		
Food Drive		
Sub for Santa or some other Christmas project giving to less fortunate		
Senior Banquet		
College night		