Phelps Clifton-Springs CSD
Midlakes Athletics
1554 State Route 488
Clifton Springs, NY 14432

Community Service / Volunteer Activities

Midlakes Athletics will be making an effort to work with the area programs to help strengthen athletics at Phelps-Clifton Springs CSD. Below is a chart for students who opt to go beyond the call of duty and perform community service, they can track their hours and turn them into John Lombardi at the end of each season. The student athlete who turns in their sheets and completes the most verified hours will receive the **Gary Kirkwood Memorial Scholarship** at the end of the year awards night in June.

Date	Number of hours worked	Duties Performed	Supervisor Comments and Initials*	Student Comments (Use another sheet if needed.)

The goals of providing community service opportunities for Midlakes athletics

1. From the feedback we received from the community stake holders that work with youth and youth sports is a request for more opportunities for the youth athletes to work with some of the older student athletes and coaches and build some common language. To work together for a common goal and build the numbers that participate in athletics. We are looking to build relationships to keep our programs growing from the youth levels through High School. We are working toward a common goal of strengthen the bond between the school and the community. In hopes that this opportunity will help strengthen our programs and relationship between community athletics and school athletics as the kids get older.

2. Volunteering provides physical and mental rewards. It has been shown in research to reduce stress: Experts report that when you focus on someone other than yourself, it interrupts usual tension-producing patterns. Makes you healthier: Moods and emotions, like optimism, joy, and control over one's fate, strengthen the immune system.

3. It brings people together. Building camaraderie and teamwork. As a community we need to try and help each other out. Once an eagle always and eagle!

4. You learn a lot. Volunteers sometimes discover hidden talents that may change their view on their self-worth. Showing that everyone matters and can make a difference.

If you are looking for ideas, please see John Lombardi as people have contacted me looking for volunteers. Jlombardi@midlakes.org or 315-548-6450.