

Parent Participation Commitment (PPC) Hours Season 2023-24 (Team CCP, Xcel, Dev, MAG)



Athlete full name: _____ Program attending: _____

Sibling in Team program at RGA (Yes/No) If yes, sibling name & program: _____

Total PPC hours to be completed: _____ Parent/Guardian name: _____

Mandatory Gym Deep Clean (date): _____

DATE (dd-mm-yyyy)	Hours	ACTIVITY <i>e.g. daily gym clean, Laundry, bi-weekly gym clean , other (details)</i>	TOTAL

Members are responsible for keeping track of their own hours. Please submit completed **printed** sheets in person or **electronically** every two months or when a sheet is complete. **Photographs of the form are not acceptable.**
DAILY GYM CLEAN - Credit 30 min. Enter .50 in tracking sheet LAUNDRY - Credit 1 hr. Enter 1 in tracking sheet
Bi Weekly GYM CLEAN - scheduled twice a month (1 hr 30 min usually Saturday evenings). Credit 2 hrs. Enter '2' in tracking sheet or prorated as time invested
GYM DEEP CLEAN/REORGANISATION - when scheduled, participated, and the time invested