

We are all busy with our jobs and our families, trying to stay healthy and help various other organizations we get involved with. These programs need volunteers like you to put them together. You can think of it as work, but it is also fun. You get to pick who is on your kids' team, their team name, you get to see new friendships form, you get to see kids wearing the LPAA uniforms that you chose out on the street. At the LPAA, we want to make sure that everyone experiences a positive, engaging, challenging, and rewarding experience. To maintain that environment, we all have to do a few things.

- Help out on what you want to do. You may do this for your day job and want to contribute because your good at it, or you may want to do it because it's the exact opposite of what you do day to day. Work hard at it, and be proud of it.
- Work as a team, always be working together. Nobody should do this alone and constant recruiting for your replacement helps. It's your kids but also their children as well.
- Support your neighbours. Help them out if they need help and you have the time to pitch in. Or else help them find a solution to fix their problem. The LPAA is intertwined and every sport can help another. The intention is to be collaborative, not competitive. Help others, and you can expect others to help you when you need it.
- If you're struggling, tell someone. Your family, health and happiness come first. The neighbourhood works together on this. The LPAA wants to look out for the well-being of the neighbourhood. We all want to help. It's okay to go through hard patches (we all do), but you shouldn't feel shy about asking for help or just venting.

There are a few things to keep everything running smoothly.

- You aren't expected to do it all on your own. You are expected to work with your sport group to get ready for the season.
- Prepare a budget, try to stick to it and hit important dates.
- If you are running out of gas and just cannot do it anymore, find a replacement. The LPAA golden rule is that you are in until you find your replacement. It's okay to just not want to do it anymore, but you are closest to your league, age group, association, so start asking around to find out who wants to help and take over. You would be surprised who would be open to a friendly nudge about volunteering.
- Even better, never stop recruiting. "Many hands make light work" definitely applies here. Please do not ignore your fellow committee members. If you are swamped at work, let the others know and then find a date that works. Even better, be ready early.