

## **CITATION FOR RACHAEL SMITH-TRYON VOLUNTEER OF THE YEAR FOR 2015**

As lifelong resident of South Frontenac County, Rachael Smith-Tryon has been involved with numerous community events over the years. These have included helping with Family Day, Canada Day and organizing Movie in the Park.

Having attended Harrowsmith Public School, Rachael is now giving back as an active member on the School Council Executive where she is responsible for Communications.

Ms. Smith-Tryon has been volunteering with Girl Guides of Canada for the last four years as the 1<sup>st</sup> Sydenham Spark Unit Contact Guider. Jewel (her Guider name) has been making a difference in the lives of girls aged five and six on a weekly basis, providing youth centred programming, encouraging girls to learn, make new friends, grow and discover the very best in themselves. Although the Spark Unit does not stay overnight at camp, Jewel assumes the role as quartermaster for the Brownie, Guide & Pathfinder Units and stays the entire weekend to lend a hand.

Working full-time with three small children and juggling their busy schedules is no small feat, but she somehow manages to find the time to volunteer with the Frontenac Soccer Association.

Rachael initially started volunteering as a coach and convenor and has gone on to serve as a member of the Frontenac Soccer Association Executive – where she has been the Registrar since 2011. This is a key position. It is the gateway that allows for player registration, the recruitment of coaches, and team selection for each upcoming season. She spends countless hours prior to the season start updating the website, working on the player registration portal, trouble shooting the system when parents are unable to register, answering the soccer hotline for questions about the upcoming season, and facilitating registration via mail when needed. As the season gets underway, Rachael remains busy exporting registration files and assisting the Convenors with player placements.

As the central communications person to all parents who have registered, Rachael is constantly updating the website with information on league schedules, practice nights and field locations. She is the first point of contact for the association and responds throughout the season to questions, complaints or feedback. She also provides updates to the equipment manager for the number of team jerseys and medals that need to be ordered for each age group.

Rachael is a committed volunteer. As a result of her dedication hundreds of children are able to play soccer every summer within their own community through the Frontenac Soccer Association.

It is an honour and a privilege to present Rachael Smith-Tryon with a Volunteer of the Year Award.