



## NACK Hours Credit Request Form

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**Member must submit this form within 1 year of activity to receive credit.**

To be completed by the requesting member and then e-mailed to the Work Chair -JulieMcDonald at [hawkmac@optonline.net](mailto:hawkmac@optonline.net)

Member Name \_\_\_\_\_

E-mail address \_\_\_\_\_

Event, Trip or Article etc. Name & Date(s):

\_\_\_\_\_  
Also, mark event below:

- Newsletter or Web Page submittal without pictures (3 hours)
- Newsletter or Web Page submittal with pictures (4 hours)
- NACK event support (actual hours spent helping at NACK booth) \_\_\_\_\_
- Assist disabled Veterans at VA hospital swimming pool (actual hour's assisting) \_\_\_\_\_
- NACK meeting presentation (3 hours)
- Trip Planner (2 per trip)
- Trip Leader (4 per trip)
- Trip Leader Backup (2 per trip)
- Recruit and mentor new member (5 per new member)
- Assessment-Prepare, schedule, and give L1 or L2 Assessment (3 per Assessment)
- Assessment-Prepare, schedule, and give L3 Assessment (4 per Assessment)
- If not listed above, number of NACK Hours requested \_\_\_\_\_