



## Carolina Outreach Hours and Reflections

Name \_\_\_\_\_ Sport \_\_\_\_\_

Date of Service \_\_\_\_\_ Total Hours \_\_\_\_\_

Location of Service \_\_\_\_\_ Activity \_\_\_\_\_

Please take a moment and give a brief explanation on what the above experience meant to you. Examples: what you learned, how it impacted you as a person, what impact this might have on the community (team, university, local area), how this might reflect on your team.