



## 2019-2020 Coaching Application Form

Full name: \_\_\_\_\_

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

Cellphone #: \_\_\_\_\_

Current age: \_\_\_\_\_ Birthdate (month/day/year): \_\_\_\_\_

**What coaching position(s) are you applying for?** Please check all that apply:

Competitive Cheerleading

Recreational Cheerleading

Competitive Dance

Tumbling classes/privates

CIT (Coach in training)

**Current certifications held:** Please list all that apply:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Have you ever coached this sport before?**

No

Yes    Number of years \_\_\_\_\_    Where \_\_\_\_\_

**Levels previously coached:** \_\_\_\_\_

**Other relevant experience-** Please list all that apply:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Please rate your knowledge of the following topics with regard to this sport by circling the appropriate number.**

1 = You know very little about it.

2 = You have reasonably good knowledge about it.

3 = You know a great deal about it.

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**1 2 3** Basic technique

**1 2 3** Organizing a practice

**1 2 3** Developing sportsmanship

**1 2 3** Rules of this sport

**1 2 3** Motivating youngsters

**1 2 3** Injury prevention and treatment

**1 2 3** Communication skills

**1 2 3** Use of equipment & tumbling drills

**1 2 3** Warm-up and physical and specifications conditioning techniques

**1 2 3** Athletic nutrition

**1 2 3** Working with parents

**1 2 3** Legal duties

**1 2 3** Managing time

**1 2 3** General principles of teaching sports skills

**Please list the name and telephone number of two people who know you sufficiently well to comment on your past coaching or your potential as a coach, who can attest to your ability and reliability.**

**Reference #1:** \_\_\_\_\_

Relationship to you: \_\_\_\_\_ Phone: \_\_\_\_\_

**Reference #2:** \_\_\_\_\_

Relationship to you: \_\_\_\_\_ Phone: \_\_\_\_\_

