



# ATHLETICS

**APPLICATION DEADLINE: MONDAY, MARCH 21<sup>ST</sup> 2022. Submit to [info@boss-athletics.com](mailto:info@boss-athletics.com)**

## 2022-2023 Coach and CIT Application Form

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

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

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

### Please check the area(s) you are comfortable/interested in coaching.

\_\_\_ I am looking to gain experience as a **CHEER CIT (Coach in Training)** – volunteer position

\_\_\_ I am looking to gain experience as a **DANCE CIT (Coach in Training)** – volunteer position

\_\_\_ Competitive Cheerleading (HEAD OR CO-COACH)

\_\_\_ Recreational Cheerleading (HEAD OR CO-COACH)

\_\_\_ Competitive Dance (HEAD OR CO-COACH) **Style:** Pom  Hip Hop

\_\_\_ Tumbling classes/privates (HEAD OR CO-COACH)

If I am not selected as a head/co-coach, I am interested in being a CIT (coach in training) YES  NO

I am  am not - available to coach during the day (for daytime programming)

### Current SCA certifications held: Please list all that apply:

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

### Have you ever coached this sport before?

\_\_\_ No

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

Levels/teams previously coached: \_\_\_\_\_

\_\_\_\_\_

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

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**Please rate your knowledge of the following topics by circling the appropriate number.**

1 = I have no experience in this area and would like to learn more.

2 = I have a little experience in this area and may need some help from others.

3 = I have lots of experience in this area, and am very comfortable doing it alone.

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Organizing & Planning a practice	1	2	3
Age-appropriate sport activities for young athletes	1	2	3
Basic Stunting/Dance technique	1	2	3
Ability to be animated and interact with children in an excited way	1	2	3
Time management	1	2	3
Ability to respond to emails and communication in a timely manner	1	2	3
Accurately and consistently fill out a time/hour sheet	1	2	3
Use of equipment & tumbling drills	1	2	3
Working and communicating with parents	1	2	3
Warm-up and conditioning techniques	1	2	3
Preparing a routine for competition	1	2	3
Creating Choreography	1	2	3
Athletic nutrition Injury prevention and treatment	1	2	3
High level Stunting & tumbling/Dance technique (levels 3 and up)	1	2	3
IASF/ICU leveled rules	1	2	3

## References:

Please list the name and telephone number of two people who know you sufficiently well (non family members) to comment on your past coaching or your potential as a coach, and who can attest to your ability and reliability. *Please fill this section out if you are new to Boss Athletics.*

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

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

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

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

