



## 2025-2026 COACH & CIT APPLICATION FORM

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

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

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

### Please answer the following questions regarding availability:

I am **available** to work (Please circle as many that apply) – Please note that positions may be determined based on availability.

Monday Tuesday Wednesday Thursday Friday Saturday Sunday (evenings)

I am able to start working as early as 4:30pm on weeknights (please circle) yes no

I am able to start working after 5:30pm on weeknights (please circle) yes no

I am able to work during week**days** (please circle) yes no

I am interested in working \_\_\_\_\_ hours per week.

Please list any conflicts we may need to be aware of regarding your availability/Schedule.

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

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### Please list all past relevant job experience below:

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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/discipline 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: \_\_\_\_\_

**Agreement (Please initial)**

\_\_\_\_\_ I understand that I must be a minimum of 16 years of age to considered for a head coach position.

\_\_\_\_\_ I understand that CIT positions are volunteer positions.

\_\_\_\_\_ I understand that I am applying for a part time position at Boss Athletics and will be offered based on availability, experience, and willingness to coach a minimum 3-hour shifts.