



# Lombard Falcons

## Head & Assistant Coach Application

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Number of years cheering: \_\_\_\_\_

Number of years coaching with Falcons: \_\_\_\_\_

Number of years coaching with other organizations: \_\_\_\_\_

List at least THREE teams, age groups, or coaches you would like to coach for:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

List any specific dates you will be unavailable or out of town

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What are your strengths (Check Boxes)

Choreography    Cheers    Stunts    Tumbling    Jumps



## Head & Assistant Coach Application

### Commitment

1. I understand that I am to arrive 15 minutes before all games and practices.
2. I understand that I am to be properly dressed for all games and practices.
3. I understand my presence & positive attitude is required at all practices and games.
4. I understand that there must be a head coach and/or assistant coach at every game and practice.
5. I understand that if a situation arises to contact the team mom.
6. I understand that if I cannot attend a game or practice to contact the assistant coach, team mom, and/or other teams coach to substitute.
7. I understand that continuously missing practices and games will jeopardize my position as a coach.
8. I understand that I am a role model for my squad and all squads.
9. I understand that my conduct must be respectful of others, exercise good sportsman ship and follow the rules and regulations of this organization.
10. I understand I am representing the Lombard Falcons Cheerleading Program at all times.

### What Is Expected

1. I will be at every practice and game, unless I have an authorized excuse and have contacted the team mom and other coaches
2. I will be on time for every practice and game
3. I will be properly dressed for games and practices
4. I will maintain the proper attitude with my squad and squads parents
  - Show respect to EVERYONE
  - Exercise good sportsmanship
  - Follow the rules
5. During practices and games I will be responsible for the safety of my squad
6. I will have pre-planned practice plans and take full advantage of practice time
  - No chatting with other coaches
7. I will be respectful when people address the group at practices, games, and meetings
8. I understand the following are NOT allowed:
  - Cell phones during practices and games
  - Flip flops or anything other than gym shoes while performing stunting
  - Gum/candy during practices and games
  - Revealing attire
  - Heavy jewelry
  - Overly socializing during practices and games neglecting your squad
  - Stunting during rain/bad weather
  - Working without the team mom on plans
9. I will remember that the importance of Falcons Cheerleading is to:
  - Teach fundamentals of cheerleading
  - Create positive attitudes & build self confidence
  - Be a role model for younger cheerleaders and coaches
  - Prepare a strong routine for halftimes and competitions
  - Challenge the cheerleaders to do their best



## Cheerleading Coach Responsibilities

### 1. Teach

- Teach fundamentals of cheerleading
- Build self-confidence
- Be a role model for younger cheerleaders and coaches
- Strong routines for halftimes and games
- Teach new cheers at practices and games
- Progress – bring the Falcons to a new level of cheer to win at competitions

### 2. Attitude

- Act as the role model for the coaches
- Primary go-to person for the coaches
- Work with the squad admins
- Be energetic, positive, assertive, and PATIENT
- Understand the difference between coaching and discipline
- Emphasize accomplishments and improvements. Reward their hard work!

### 3. Create Warm up– 15 minutes to be repeated at each practice and before games

- Basic stretching and short jog
- Create 4 counts of 8 of arm motions and techniques
- Teach and review jumps
- Be energetic, positive, and assertive
- Small conditioning/exercise activities to build cheerleaders strength

### 5. Emphasize on team rules

- Phones put away in bags and not used unless necessary at games and practices
- Goofing around while stunting

### 6. Preparedness

- Perfect routines for halftime and competitions
- Prepare cheerleaders for sideline cheers
- Appoint captains weekly to lead warm ups at practices/ games and calling cheers
- Make up a weekly half time routine and or dance

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I have read and agree to all rules and regulations.

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Name (print and sign) Date



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