



# Lombard Falcons

## Junior Cheerleading Coach Application

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

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

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

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

Number of years cheering with the Falcons \_\_\_\_\_

Number of years cheering in other organizations \_\_\_\_\_

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

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

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

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

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

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

List any specific times, days and/or dates you know you **will not** be available to coach:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

What are your strengths (Check Boxes)

Choreography    Cheers    Stunts    Tumbling    Jumps



## Junior Coach Rules & Responsibilities

The Lombard Falcons organization takes great pride in making sure our young girls receive the support and encouragement needed to succeed in cheerleading. Our cheerleaders deserve every opportunity to be the best that they can be which the help of dedicated Coaches and Jr. Coaches can accomplish. Therefore, the following rules have been implemented:

1. Jr. Coach applicants will be assigned to a team no later than \_\_\_\_\_.
2. If there are applicants after \_\_\_\_\_, and if there is still a vacancy on one of the top three requested teams, the junior will be placed accordingly. If not, they will be assigned to teams where the most help is needed.
3. ALL meetings are mandatory and will be arranged by the Head Coach or Cheer Director.
4. Jr. Coaches are responsible for being the coaches 'right hand' during practices, games, and competitions. For example: leading warm ups, teaching cheers, assisting in tumbling, and stunt spotting.
5. If a practice must be missed, the Head Coach must receive 24 hours notice. This is required so coaches will have time to make any necessary changes.

10. Games: games are mandatory for cheerleaders, but if there is more than one Jr. Coach on a team, games can be split between Jr. Coaches. This will allow for Jr. Coaches to attend their own weekend events. If there is only one Jr. Coach on a team, the Head Coach will work out a game schedule so that the Jr. Coach will be allotted the same opportunity as teams with more than one Jr. Coach.

Your participation is greatly needed and appreciated. These rules are not set to control Jr. Coaches, but to allow for a more organized program so that everyone can benefit from this experience. The Lombard Falcons Program needs dependable and caring Jr. Coaches to help this cheer program grow.

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2019 Jr. Coach Rules & Responsibilities

I have read and agree to all rules and regulations.

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Name (print and sign) Date