

**2019 Coach-In-Training (CIT)/Junior Coach Application**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

**Phone #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (circle one: home or cell) Age: \_\_\_\_\_\_\_\_\_**

**School and Grade for the 2019-2020 school year: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Please note that the Dolphins CIT is an unpaid/volunteer position. You may receive service hours based upon your participation. Responsibilities of Dolphins CITs:

* Attend all practices and meets
* Actively mentor an assigned group of younger swimmers and monitor their progress, writing periodic reports for them to take home
* Take direction from coaches on general ways to help out the team
* Attend coaching meetings
* Provide a positive impact on team spirit

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Applicant Signature

**I would like to be considered for a paid Junior Coaching position this season. I understand that Junior Coaches will be required to coach every day during the season.**

Thank you for your interest in coaching this summer! Please email your completed application (3 pages) to Coach Maggie (coachmaggie@live.com) and the Team Secretary (srstsecretary@gmail.com) with the subject line “2019 coaching application – your name”



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1) CITs are usually asked to alternate coaching days so that more swimmers can be CITs. Junior Coaches are required to coach every weekday during the season. Please look though the practice times and the meet schedule below and list any dates or practices times you would not be available.

2019 Practice Schedule:

Evening practices: May 28-June 10 are 5:20-6:15, 6:15-7:30, 7:30-8:30 (your practice)

Morning practices: June 11-July 19 afterward are 7:45-8:45 (your practice) and 9:00-10:00.

2019 Meet Schedule:

Wednesday home meets require your time from 4-9pm; Saturday home meets from 6-11am.

For home meets, you will be needed for meet setup or take down.

6/8 Home Meet (time trials)

6/12 Away Meet (Cascades)

6/15 Home Meet

6/19 Away Meet (Broadlands)

6/22 Away Meet (Saratoga)

6/26 Home Meet

6/29 Home Meet

7/3 Away Meet (Burke Centre)

7/6 Away meet (Glen Cove)

7/7 Relay Carnival

7/10 Home Meet

7/13 Away Meet (Barrington)

7/17 Home Meet

7/20 Divisionals



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2) Why do you want to be a Dolphins CIT/Junior Coach this summer?

3) How would the Dolphins swimmers benefit from having you as a member of the coaching staff?

4) What is your favorite drill or game for swimming? What skill does this drill or game teach? What age group would you use it with?

5) What fun team building activities have you done on this or another team that you think we should try this season? (Feel free to include ideas that you think are fun, but you haven’t done!)