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| South Riding Stingrays Junior Coach Application 2020 Summer Season  Submit applications to Becca Samson by March 14, 2020 – You will receive a confirmation email upon receipt. [administration@gostingrays.com](mailto:administration@gostingrays.com)  \*Applications must be attached to email as a Word .doc\* |  |

## Contact Information

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| Name |  |
| Street Address |  |
| City, Sate, ZIP Code |  |
| Phone |  |
| E-Mail Address |  |
| Birthdate\* |  |
| \*If under age 16, you will be required to obtain a work permit: <https://vaeecs.doli.virginia.gov/vaeecs/> | |

## Program Choices

### Identify the program(s) you’re interested in working with:

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| Mini-Rays | \_\_\_\_\_ODSL | \_\_\_\_\_CSL |

## Certification

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| Do you hold current Lifeguard / CPR / First Aid Certifications?\*  Yes --- Expiration Date(s) Lifeguard: \_\_\_\_\_\_ CPR: \_\_\_\_\_ First Aid: \_\_\_\_\_ |
| No |
| If you are not currently certified, how & when do you plan to obtain these required certifications?  \_\_\_ Currently signed up for a class. Place and Dates of Class \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_ Not currently signed up for a class. |
| \*Please note that these certifications are non-negotiable requirements of coaches. |

## Background and Availability

### Are you a current swimmer with the South Riding Stingrays? YES\_\_\_ NO\_\_\_

List below any dates you are unavailable for the 2019 swim season.

(Please note that in order to end the season as an employee in good standing you may not miss more than 1 meet and 4 practices.)

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Applicant Signature X \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Signature X\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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## Essay

1. Name a quality or skill you bring to the team and describe how that quality will benefit you as a Junior Coach.

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1. Identify the age group you prefer working with and describe why you prefer that age group.

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### Describe the duties you expect to carry out as a Junior Coach.

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### Imagine you’ve been asked to lead a warm-up with little to no direction from the Head Coach or Assistant Coach(es). Write out the warm up below – be sure to identify which age group you’re creating this warm up for.

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