



2017 CUDA JUNIOR COACH APPLICATION

If you are interested in being a Junior Coach for the summer of 2017 please answer the questions below and e-mail coachlaura@northamptoncudas.com, or hand deliver to Coach Laura at the pool. **All applications are due on or before Thursday, April 6, 2017.**

To be considered you must fill out an application, be at least 12 years old, be available for a minimum of 2 hours a week of help (this does not include your scheduled practice time), be available for team cheers and spirit parties, and for meetings.

The top 25 candidates will be selected and announced prior to the start of the Cuda season and must attend the **Junior Coach Training on Monday April 10 or Tuesday April 11 at 4:45 p.m.**

Please write legibly, and answer all of the questions honestly and thoroughly, and make sure to have you and your parents review and sign this application.

1. What is your Name/age/email address/phone number/t-shirt size?
2. How many seasons have you been on Cudas? What is your best stroke and do you feel you could instruct a swimmer?
3. Have you been named a Junior Coach before? If so, did you enjoy the experience? Rate your performance on a scale of 1-10. Where could you have improved?
4. What is something you have learned from a coach that made a huge difference in your swimming? Is this something you could teach a young Cuda?



5. Are you able to take direction of a small group of swimmers for 30-45 minutes at a time? Do you feel comfortable instructing/teaching young children?

6. Will you be able to Junior Coach during these times/days? This year we require a minimum of 2 hours a week of help and we will have a daily sign in book.

Afternoons: April 17- June 2- 4:45- 6:00 p.m.

Mornings/Afternoons: June 7- 24- 8:45-10:00 a.m. and 5:00-5:45 p.m.

7. If you answered yes to the above question, what days and time work best for you?

8. Will you be able to attend Junior Coach Meetings and Training? The first meeting is Monday, April 10 or Tuesday, April 11 2017 at 4:45 – 5:45 p.m.

In consideration of my child participating in the Northampton Cudas Junior Coach volunteer program, I have reviewed and understand the requirements.

Swimmer signature and date

Parent/Guardian signature and date