



## COACH IN TRAINING APPLICATION 2019/2020

### What is the C.I.T Program?

C.I.T's are Coaches In Training that assist Deep Blue Athletics Head & Assistant Coaches throughout the season during regular scheduled practices and competitions/events. The main teams we assign C.I.T's to are the Tiny, Mini, and Youth teams. The program has been very successful over the years, and has allowed us to develop and mentor willing athletes that continue to inspire and motivate our younger athletes in the program.

### Benefits of the C.I.T Program:

- All hours recorded as C.I.T's can be used towards Community Hours required for high school students
- The program is a great way to continue to develop time management, leadership qualities, and coaching skills.
- Chance to foster your love for the support of cheerleading through teaching younger athletes
- A great resume builder, and DBA coaches make great reference contacts!
- A great stepping stone for any athletes wishing to pursue a position as a cheerleading, birthday party, recreational, and/or tumbling coach in the future

### Expectations and Requirements of C.I.T Candidates:

- C.I.T's must be a registered Deep Blue athlete that is 12 years of age and over
- Attend, and be punctual for practices and events
- Acceptable attire is as follows:
  - Deep Blue logo apparel (T-shirts, Sweaters, and Tanks)
  - Cheer Shorts, or plain black exercise bottoms (capris, shorts, etc.), Athletic Shoes
- Be a positive role model for all athletes, maintain high example of behaviour while representing DBA
- Be cooperative and helpful to coaches and athletes
- Work hard, take directions from head and assistant coaches, and strive for excellence
- to call /email/contact the coach or office if not attending or not wish to continue at any time.

**If you are interested in joining our team of dedicated, passionate, caring, and motivated Coaches In Training, please complete the information below, as well as a resume' and hand in to the CIT Program Director, Coach Vanessa.**

Athlete Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

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

Team registered with for the 17-18 Season: \_\_\_\_\_

Day(s) available for May - Sept \_\_\_\_\_

Day(s) available for Sept - April \_\_\_\_\_

Age Preferences to work with: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

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

\_\_\_\_\_  
**Athlete Signature**

\_\_\_\_\_  
**Parent or Guardian Signature**

Contact Vanessa Wolfram for more Information:

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