



## Junior Leader Program

Goal: To provide assistance to athletes on younger teams and coaches of younger athletes. To identify potential future candidates for our Coach in Training program.

Perfect Storm Athletics will utilize 1-2 junior leaders for some rec, prep, and all-star teams based on team size and team needs. Not all teams will have a junior leader. Junior leaders will only be assigned to recreational, prep, and level 1 all-star teams.

Age requirements: 11+ (each age group has a different required age for jr leaders). \*Must be at least 11 by Sept 1, 2024.

### Expectations of Junior Leaders

- Attend a training session (date & time TBA)
- Attend a minimum of one practice per week for the duration of the session/season
- Assist with warm up
- Assist athletes with personal needs like tying shoes, escorting to washroom
- Assist with spotting of stunts and basic tumbling
- To be on the floor with the athletes at all times helping individual athletes as needed
- Participate in Storm theme days and events where possible

### Competitions & Travel

- Junior leaders are expected to attend the performances (local) of the team they are helping
- Travel is not part of the junior leader's job

### Benefits

- Access to training
- Opportunity to work with coaches, learn basic cheerleading rules and choreography basics
- Opportunity to practice leadership and teaching skills
- Can be used as volunteer experience for school

### Application Process

Google form: [Junior Leader Application Form](#)

Applications will be accepted until 9pm on Thursday, Aug 1, 2024

### Selection Process

We will consider the following:

- Past performance as a junior leader
- Attendance as an athlete
- Years in the program
- Coach recommendation
- Attitude and general leadership in and out of the gym

See next page for CIT information.



## Coach in Training Program

Goal: To develop future coaches by providing them with leadership and direction in the rules of cheerleading, proper technique, and methods of coaching.

The number of coaches in training will be dependent on the quality of applications and determined need.

Age requirement: Must be at least 15 years as of June 1, 2024.

### Expectations of Coaches in Training

- Attend training sessions/meetings (may be in person or virtual)
- Complete the ACA CIT program
- Complete some NCCP coaching courses
- Attend a minimum of one team practice per week
- Assist with leading warm up
- Assist with spotting of stunts and basic tumbling
- To be on the floor with the athletes as much as possible
- Learn and understand the counts/routine so that you can help coaches during the teaching process
- Assist with choreography as determined by the head coach
- Participate in Storm theme days and events where possible
- Ask questions to better understand the “hows” and “whys” of coaching
- Shadow a minimum of 5 level 1 private lessons with at least 2 different coaches

### Competitions & Travel

- Coaches in training are expected to attend the performances (local) of the team they are helping
- Travel is not part of the CIT's job

### Benefits

- Access to training
- Opportunity to work with coaches, learn cheerleading rules and how to develop a routine and choreography
- Opportunity to practice leadership and teaching skills
- Can be used as volunteer experience for school
- Based on performance, CITs will be the first people considered when a coaching position becomes available

## Application Process

Google form: [CIT Application Form](#)

Applications will be accepted until 9pm on Thursday, Aug 1, 2024

## Selection Process

We will consider the following:

- Past performance and number of years as a junior leader
- Attendance as an athlete
- Years in the program
- Coach recommendation
- Attitude and general leadership in and out of the gym
- Interview