

Peaks Gymnastics Club – Coach in Training (CIT) Application Form

Thank you for your interest in becoming a Coach in Training (CIT) at Peaks Gymnastics. The CIT program is designed to develop leadership, responsibility, and coaching skills in young athletes who are ready to take the next step in supporting our programs.

Please complete all sections below.

Important Information

- The Coach in Training (CIT) position is **volunteer/unpaid**.
- Selection is based on maturity, leadership ability, reliability, and respectful behavior.
- Current athletes must demonstrate:
 - Consistent positive attitude
 - Strong work ethic
 - Respect toward coaches, teammates, and staff
 - Leadership and role-model behavior within the gym

Not all applicants will be accepted. Final decisions are made by club management and coaching staff.

Applicant Information

Full Name: _____

Date of Birth (MM/DD/YYYY): _____

Age: _____

Phone Number: _____

Email Address: _____

Parent/Guardian Name (if under 18): _____

Parent/Guardian Phone/Email (if under 18): _____

Gymnastics Experience

1. Are you currently an athlete at our club?
 Yes
 No
2. If yes, what level/group do you train in? _____
3. How many years have you been involved in gymnastics? _____
4. Do you have any previous experience working with children (babysitting, tutoring, camp counselor, etc.)?
 Yes
 No

If yes, please explain:

Availability

Please list the days and times you are available to assist:

| Day | Available Times |
|------------|------------------------|
| Monday | _____ |
| Tuesday | _____ |
| Wednesday | _____ |
| Thursday | _____ |
| Friday | _____ |
| Saturday | _____ |
| Sunday | _____ |

How many hours per week are you hoping to coach? _____

Short Answer Questions

1. Why do you want to become a Coach in Training?

2. What qualities do you have that would make you a good role model for younger athletes?

3. Describe a time you showed leadership or maturity in a team or school setting.

4. What does being respectful in the gym environment mean to you?

Commitment & Expectations

Please read and initial each statement:

_____ I understand that the Coach in Training (CIT) position is unpaid/volunteer.

_____ I understand that I must maintain respectful behavior, leadership, and maturity both in and out of the gym, as both a coach and athlete.

_____ I understand that failure to meet expectations may result in removal from the CIT program.

Signature

Applicant Signature: _____ Date: _____

Parent/Guardian Signature (if under 18): _____ Date: _____