



**Cochran's Junior Ski Coach Application**

Name: \_\_\_\_\_ Birth date: \_\_\_\_\_

Email: \_\_\_\_\_ Phone number: \_\_\_\_\_

Mailing address: \_\_\_\_\_

**Availability:**

Cochran's Ski Club is looking for Junior Coaches to assist primarily with the U8/10 age group for training and races. The **expected commitment** is one training session per week for 12 weeks (December 22 thru March 15), as well as attending at least one of the U10 races. There will also be a required orientation session in December. An effort will be made to accommodate your schedule preferences while providing adequate coverage for all training and races.

Please indicate **all** of the training blocks that you would be able to commit to:

- Wednesdays 3:30 – 5:30     Thursdays 3:30 – 5:30     Saturdays 9:00 – 12:00
- Saturdays 1:00 – 4:00     Sundays 9:00 – 12:00     Sundays 1:00 – 4:00

Please list any specific dates you know you are **not** available: \_\_\_\_\_

Please indicate **all** of the race dates that you would be available to work:

- Sunday, January 26 at GMVS                       Sunday, February 2 at Smuggler's Notch
- Sunday, March 1 at Jay Peak                       Tuesday, March 3 at Cochran's
- Sunday, March 15 at Stowe

**References:** Please provide names and contact information for three adults (not parents) who can attest to your work ethic, leadership abilities, ski racing background, or other qualifications.

Name \_\_\_\_\_ Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Relationship: \_\_\_\_\_

Name \_\_\_\_\_ Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Relationship: \_\_\_\_\_

Name \_\_\_\_\_ Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Relationship: \_\_\_\_\_

**Application Questions:** (Please answer on a separate page and submit with your application)

1. Please explain why you are interested in becoming a Junior Coach. What are you hoping to get out of this experience?
2. Describe a favorite ski racing experience from when you were younger. How would you contribute to providing a similar experience for Cochran's U8/10 racers?
3. Cochran's Ski Club would like to offer this position as either paid (\$500 stipend for 12 weeks commitment) or volunteer (up to 45 hours of volunteer time), or a combination of paid/volunteer. Which do you prefer? If you prefer a combination, how many volunteer hours do you need?

**Applicant Signature** \_\_\_\_\_ **Parent Signature** \_\_\_\_\_



## **Cochran's Junior Ski Coach Job Description**

### **Responsibilities May Include:**

Training at Cochran's (in coordination with Lead Coach)

1. Assist Lead Coach and Assistant Coach in set up and take down of the day's activity / course.
2. Engage kids in the day's training activity / course, encouraging them to have fun while focusing on improvement
3. Help maintain a safe training environment by potentially setting up / taking down b-net, managing course traffic, etc.
4. Encourage athletes to cheer on their peers and support one another through positive feedback
5. Help athletes up the t-bar or teach athletes how to ride the rope

Race Day Responsibilities (in coordination with Lead Coach)

1. Assist Lead Coach and Assistant Coach to perform course inspection with racers in groups.
2. Help athletes safely ride the lift to the race course.
3. Assist racers with preparation for their race run at the top of the course.
4. Give individualized encouragement to racers over the course of the day.
5. Encourage the Club kids to act as a team and cheer on team mates during their runs.

### **Expectations Include:**

- Maintaining flexibility
- Willingness to learn
- Ability to take direction, work as a team, and work independently
- Positive engagement with athletes and parents
- USSA Coach or Junior Coach license and SafeSport training (paid by Cochran's Ski Club)
- Attend orientation session in December

### **Who Should Apply?**

Any High School age athlete with previous ski racing experience, a desire to learn how to coach, and the willingness to commit to the program for the full season. Preference will be given to applicants who demonstrate maturity, reliability, and enthusiasm for the job.

Applications should be submitted by email to Nicole Dyhrman, Cochran's Ski Club Program Director, at [ndyhrman@gmail.com](mailto:ndyhrman@gmail.com) or completed online using this link: <https://forms.gle/ypnnMhe84fYztW3K6>

The application deadline is **November 10, 2019**.

Please contact Nicole, [ndyhrman@gmail.com](mailto:ndyhrman@gmail.com), with any questions.