

2007-2008
Midwest Junior Olympic Coaching Application
Due November 15, 2007

The Midwest Junior Executive Committee members will review the applicants in November and notify the coaches selected by December 11, 2006. There are five coaching positions available in November. The head coach is selected each even-numbered year in April at the Junior Committee Meeting; the Trip Leader is selected each odd-numbered year at Junior Olympics. The Head Coach in consultation with the Trip Leader selects the head wax coaches in May. See the Midwest Junior Committee By-laws for application process for these "Executive Committee" positions.

Please complete the application thoroughly, and use an additional sheet if necessary. This will help us make difficult decisions as we have many qualified applicants and only a few positions.

The 2008 Junior Olympics will be held in Anchorage, AK from March 8 – March 16. The Midwest team will be leaving Minneapolis/St. Paul on March 8. The team will return March 16

If you are named you are expected to:

- Become a coaching member of the USSA coaching association, approx \$110 (required).
- Become a coaching member of CXC.
- Promote the JO program to athletes in your area.
- Attend at least two qualifiers with athletes from your team (you will not be required to work with Midwest kids in general at the qualifiers).
- Attend Junior Committee meeting at Season Opener JOQ.
- Attend the JO coaches meetings at the Midwest District Championships.
- Attend April Junior Committee meeting (following JO's).
- Travel with the Midwest team and do whatever is asked of you at Junior Olympics.

At Junior Olympics you can expect to have many different roles. Those will include but will not be limited to age group coach, van driver, wax applier, pep rally leader, amateur psychologist, etc. This is not a vacation; it is a week of hard work, late nights and frayed nerves. But it is incredible to see kids perform at their best while representing our states. It is vital that you can communicate well with your fellow coaches and athletes. If the coaching staff cannot work together we cannot properly service these athletes at their national championships. The Midwest JO Team will pay for your travel, room, board, and uniform jacket. Any personal expenses (phone calls, souvenirs, nights out) you will have to cover.

Return this completed form by November 15, 2007, to head coach Karen Cook using an email attachment to cooks7@charter.net or by mail to

Karen Cook
3903 North Shore Drive
Rhineland WI 54501

2008 Midwest Junior Olympic Coaching Application

Name:

Address:

Phone:

Email:

Team(s) coached:

Coaches interested in coaching at the Junior Olympics are expected to fulfill as many of the following criteria as possible. These are not in any order.

1. What is your past coaching experience?

2. How do you promote participation in the Junior Olympics and Junior Olympic Qualifiers to skiers in your area and the region?

3. Please list the names of skiers you have worked with who have qualified for Junior Olympics in the past two years.

4. Please list the names of skiers you are working with who have a good chance of qualifying this year.

5. Are you a member of the USSA coaching association?

6. Did you attend either the junior committee or CXC meetings this year?

7. Please list coach's education clinic/seminars or camps you attended over the last three years?

Continued on back:

8. Which of the following are you willing to volunteer for this coming year?

___ Calculate the JOQ Ranking list and gather data from race organizers.

___ Serve as a Parent Volunteer/Coach Liaison. Organize the parents who are interested in helping out at and attending the Solider Hallow J.O. trip.

___ Compile the Midwest Junior Olympic Team Booklet for the 2008 team.

___ Supervise handling, inventory, ordering, and assigning of JO uniforms.

___ Supervise transportation to and from site via van shuttles at Junior Olympics.

9. In order to help us select a balanced coaching staff, please rate yourself in the following areas on a scale from 1-5: 1 = Not a strength 3 = Competent 5 = Extremely competent

___ 1) Race prepping skis (glide wax, base prep).

___ 2) Race application of kick wax/hard wax.

___ 3) Race application of klister.

___ 4) Testing of race ready kick wax.

___ 5) Testing of race ready glide wax.

___ 6) Giving splits to racers on the course.

___ 7) Organizing & assisting athletes at start/finish area.

___ 8) Communicating with other coaches in sometime stressful situations.

___ 9) Communicating with athletes.

___ 10) Being a self-motivated worker.

___ 11) Other: Please list below any other areas in which you feel you may be beneficial to the Midwest coaching staff.

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