**Junior Coaching Rules and Guidelines**

Please be at the rink, skates on and on the ice 5 minutes before class begins.

Long pants, preferably a dark color, are to be worn when coaching. No jackets/sweatshirts with hoods.

Please remember you are there to help the students learn. This is not the proper time for you to be practicing or showing them skills not in their level. Your attention should be focused at all times on your skaters.

We know you enjoy each other’s company but please do your visiting outside of class time.

If for any reason you are not available for the time you have been assigned please call your Junior Coach advisor. A replacement will be found for you. Please be courteous and let me know ASAP when you will be absent.

Please bring your coaching books with to classes as you may need to refer to them from time to time. Every Jr. coach should do a lesson plan, even if it isn’t utilized every class, you should have it done in case you do need it.

Sydney will be assisting the Jr Coach adviser. She will be spending time with each of you and teaching you proper techniques for coaching. I know some of you have been coaching for a while but please keep in mind our basic skills program is now restructured so there may be some changes. We want each of you to learn, grow and keep being the most AWESOME Jr coaches!

You are a very important part of the figure skating club! The parents, grandparents and other observers see you each week with their loved ones. The younger skaters look up to you as role models so let your language and your actions be a good example.

If there is a problem with students not listening or being disrespectful to you, or with parents having a question, please let me know and I will take care of it for you.

Here is what to expect as you move through your years as a Jr coach:

* 1st year you Jr. coaching is to shadow snow plow Sam, Basic 1, Basic 2 and Hockey
* 2nd year you Jr coach the above levels and shadow for basic 3-5
* 3rd year you Jr coach above levels and shadow for basic 6-Prefree
* 4th year you Jr coach all levels

There may be times this will be altered a bit depending on Jr. coach numbers.

JRFSC Jr. Coach Code of Conduct

* Respect other Jr. coaches, skaters, parents of skaters and other adults at the rink.
* No working on your own skills during class.
* Focus needs to be on the kids that are in lessons, not chatting with another skater about your day or what you are doing later in the evening.
* Bring your problems/issues with other Jr. coaches to the Jr. coach advisor. This takes any tension away from you and the other Jr. coach.
* Expect changes in classes, kids will pass, we will need to readjust where you are helping and who is in your level.

I have read and agree to follow the Jr. coaching rules and guidelines.

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Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_