




## Thunder Elite Leadership Program

Thunder Elite is **proud** to announce the start of our Leadership Program. This program is for Elite athletes who are young aspiring coaches. For years, we have mentored our athletes into the very best coaches that uphold our positive culture. As a gym that prides itself in our family feel environment, we are launching a full program to take current athletes and prepare them for a life of being a positive leader in the community. This program follows our gym philosophy in training athletes to be more than just cheerleaders. This is a volunteer only program, but the knowledge your child will gain through leadership and life skills are worth a million dollars.

How to apply:

### 1. Meet the criteria

Applicants must:

- Be 13 or turn 13 during the 2024-2025 season
- Be enrolled in 7th grade or higher
- Commit to the entire elite travel cheer season
- Commit to the entire year of the leadership program
- LOVE KIDS
- LOVE THUNDER 
- Uphold a positive respectable image on social media

### 2. Fill out the following application and turn it into the tuition box

## **Program Objectives:**

- ★ **Develop Leadership Skills:** Provide tools and resources to develop leadership qualities among young athletes who are aspiring coaches.
- ★ **Foster Positive Coaching:** Cultivate a coaching environment that prioritizes positivity, encouragement, and support starting from our athletes.
- ★ **Enhance Coaching Effectiveness:** Equip young aspiring coaches with techniques to maximize their effectiveness in training and motivating athletes.

## **Program Components:**

### Workshops:

Regular workshops focusing on various aspects of coaching and leadership. Topics may include:

- Effective communication skills
- Motivation techniques
- Creating positive team culture
- Conflict resolution
- Building trust and rapport with athletes
- Goal setting and progress tracking
- Providing constructive feedback
- Recognizing and celebrating achievements
- Encouraging a growth mindset
- Creating a supportive and inclusive environment
- Leading by example with enthusiasm and positivity
- Coaching all ages of children

### Skill Development Training:

Sessions focus on enhancing coaching skills specific to cheerleading, including:

- Choreography techniques
- Stunt and tumbling progression
- Injury prevention and safety measures
- Team building activities and games
- Mental preparation and visualization exercises
- Running fun and efficient practice
- How to plan for success

## **IF YOU ARE SELECTED:**

### **Roles:**

Several select athletes will be chosen to join us in our leadership program. Once selected from the interview process, you will be required to attend workshops and skills training throughout the summer. During this time, we will assess which roles throughout the year we think that you would fit into in our program. **Leadership roles will have an estimated time commitment of 5-10 hours a month.**

### **Responsibilities:**

Tasks and duties include, but are not limited to:

Attending all leadership workshops and skills training, coaching camps, coaching classes, coaching Frozen, run events as a jr. coach, be a positive role model in the gym, be on time and look professional for all leadership scheduled events, maintain the standards you upheld when you were selected.

### **Prep Team Jr Coach Roles:**

Although there will be several athletes accepted into leadership roles in our program, only a select few will be in this specific role. In this role, they will be selected to help with our full year prep teams. **Prep Team Jr Coach roles will have an estimated time commitment of 10-15 hours a month.**

### **Prep Team Jr Coach Additional Responsibilities:**

Tasks and duties include, but are not limited to:

Being a jr coach for a prep team, being present at all team practices and competitions, leading team warm ups, writing the practice plans and/or boards, checking attendance, assisting the head coach in: coaching the team, being present at all team events, reviewing score sheets and being part of your team's success.

## **Time Commitment:**

Once selected, our coaches will mentor these athletes for the entire year. They will learn skills and a work ethic that will help them be successful into adulthood as they enter the workforce. Due to the added exposure and time, we are investing into these individuals and we will be very selective during the application process. The athletes will need to prove that they are serious about their commitment level and the effort they will invest into the program prior to being selected.

If you are selected to join our leadership program, you will be asked to be a part of monthly workshops and skill training, get a volunteer "working" schedule and be given roles and duties inside our gym. These will vary on dates and times throughout the season. We will give advance notice of dates you will be required to attend, but by applying to this program, you are committing to the leadership program schedule for whichever leadership roles you are assigned for the year. We will keep in mind school schedules when planning these events and they will never interfere with cheer events. Please sign and agree to a full year commitment to the program. If you are relying on parent transportation, your parents will also need to agree.

I, \_\_\_\_\_ agree to be present during leadership events and am committing to put my leadership schedule first before other extra curricular activities ( besides cheer ; ) ).

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Athlete

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Parent

## **Disclaimer:**

We understand that the lives of teens are busy with family vacations, other events and that family emergencies happen. We will do our best to work with schedules and be accommodating. However, the number one important trait we are looking for in leadership athletes is dedication to the program, so please reach out to coach Jaylyn if you have any questions about this application process.

## Official Leadership Program Application

Name \_\_\_\_\_ Age \_\_\_\_\_ GPA \_\_\_\_\_

Current Thunder Elite Team \_\_\_\_\_

How many years have you been at Thunder? \_\_\_\_\_

Can you drive? \_\_\_\_\_ Do you have your own vehicle? \_\_\_\_\_

Social Media Handles:

Instagram: \_\_\_\_\_ Facebook: \_\_\_\_\_


Tiktok: \_\_\_\_\_ Snapchat: \_\_\_\_\_

Please understand that your image on social media needs to be respectful of all and remain age appropriate. Anything we deem as inappropriate will need to be taken down and remain off of your social media pages. If you wouldn't like the Baby Bolts to see it, don't post it. :)

Please attach to your application:

- A Letter of recommendation from a parent/guardian
- A letter of recommendation from a teacher
- Your current grades
- Situations (see attached)
- Motivation (see attached)

You must:

- Be 13 or turning 13 during the 2024-2025
- Be enrolled in 7th grade-12th grade
- Commit to the entire elite travel cheer season
- Commit to the entire year of the leadership program
- LOVE KIDS
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**Work Experience:**

Do you have work experience? If yes, describe any experience you have working:

Have you worked with children before? If yes, please explain with ages and as much detail as possible:

What ages of children are you most comfortable working with? Why?

**Athletic Character:**

What makes you a “team player”?

What would you say is your best leadership quality? Why?

Why do you want to be in the leadership program?

## **Situational Maturity:**

Please choose 3 different situations from the list below and describe how you would resolve each issue. Please put your responses on your own separate piece of paper and attach it. Label the paper "Situations" and copy down which prompt you are choosing then follow it up by your response. If you choose for it to be handwritten, it needs to be legible. Please use as much detail as possible.

- A girl began crying uncontrollably, refused to participate, and caused a distraction to the rest of the team. How could you get her to participate?
- A girl pushed another girl down to the floor to be mean. How would you handle this situation? What if they were "playing" or it was an accident?
- What would you do if a teammate on the team is talking badly or making fun of another member of the team?
- What would you do if you overhear an athlete talking badly about a coach or the program?
- A child is throwing up and there is no other coach around. What are the steps to handle this?
- A girl starts her period in a tumbling class. How can you help her?
- A team is chatting, unfocused and out of control. How would you regain control?
- A parent asks you how their child is doing in class, you know they are struggling a bit but how would you convey this to the parent that it is a work in progress?
- A child worked really hard in class to get a new skill, however at the end of class they didn't complete the skill. The child is crying and about to leave class . How could you help the child?

## **Motivation**

Attach an essay titled "Motivation" that explains and reflects on the topic below:

Tell us a story about a time when you faced a significant challenge or struggle in your life. Cheer or otherwise. Describe how you felt during this difficult period and the obstacles you encountered. Then, explore the process of how you found motivation and resilience to overcome these challenges.

### **Reflection questions that you will be asked in your interview:**

What strategies, beliefs, or support systems helped you regain your sense of purpose and drive? Reflecting on the lessons you learned from this experience, how has it shaped your outlook on life and your ability to persevere in the face of adversity?

How do you think you can use this experience to relate and support younger athletes?

## **I submitted my application, what's next?**

### **Interviews:**

Once your application has been submitted and reviewed, if selected, we will call you in for an interview. This is our opportunity to get to know the applicants and how effectively they communicate. Athletes can be completely different people when given the opportunity to speak, teach, or guide. We have found that the interview process brings a lot out of our athletes, and it prepares them for college interviews, future job interviews, etc. Not everyone will be selected for an interview. If you are not selected for an interview, we would love for you to apply again next season!

Regardless of our decision, you will receive a text message or call following up on your application.

**Thank you for applying and we are so excited to continue a growth of passion for our sport!**

