



Thunder Elite Leadership Program

Thunder Elite is **proud** to offer 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.

Program Objectives:

- ★ Develop Leadership Skills: Provide training, tools and resources to develop leadership qualities among young athletes.
- ★ Foster Positive Coaching: Cultivate a coaching environment that prioritizes positivity, encouragement, and support starting from our athletes, with our athletes.
- ★ Enhance Coaching Effectiveness: Equip young aspiring coaches with techniques to maximize their effectiveness in training and motivating athletes.
- ★ Offer hands-on opportunities throughout the season to apply coaching and leadership skills in real environments—such as camps, classes, events, and team practices—building a foundation for future jobs and life beyond cheer.

Program Training 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

Roles if selected:

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, meetings and skills training throughout the duration of the summer season. 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 6-15 hours a month.**

Responsibilities if selected:

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 and community, be on time and look professional for all leadership scheduled events, maintain the standards you upheld when you were selected.

Summer Training & Seasonal Responsibilities

The workshops and skill development sessions held over the summer are your official training period. These sessions are designed to fully prepare you for the leadership roles you'll take on during the season.

After completing your training, you will be expected to step into real responsibilities, including:

Assisting and leading cheer camps, supporting athletes and coaches during seasonal showcases, coaching at Frozen performances and other special events, helping run weekly cheer and tumbling classes, volunteering at community events and gym outreach opportunities, being a positive and dependable representative of Thunder Elite, and consistently applying the leadership skills learned during training in real working environments.

This hands-on experience is a vital part of your leadership journey and is where you'll put your skills, enthusiasm, and growth into action as a Jr Coach.

Additional Advanced Leadership Roles:

Advanced Leadership roles will have an estimated time commitment of 10-18 hours a month.

Prep Team Jr Coach Roles:

Although there will be several athletes accepted into leadership roles in our program, only a very 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 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 scoresheets and being part of your team's success.

Monthly Class Coach Roles:

This is an additional advanced leadership role available only to a select few returning leadership athletes who have demonstrated maturity, responsibility, and strong coaching potential. Athletes in this role will be assigned to assist with one monthly class

throughout the season.

Monthly Class Coach Additional Responsibilities:

Tasks and duties include, but are not limited to:

Assisting with one designated class each month, being present and on time, leading class warm-ups, helping run drills and skill stations, supporting athletes through progressions, maintaining a structured and positive environment, communicating with the lead coach before and after class, and being a consistent and professional presence that younger athletes can look up to.

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

Once your application has been submitted, your attitude, leadership and hard work during the tryout process will be reviewed.

2. Fill out an application and turn it into Coach Jay by 5/30

3. Wait for coaches to review your application, observe you during tryout practices, and then schedule you for an interview. 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.

