



Updated 2/2025

# Inland Empire Gymnastics Academy

263 W. Orange Show Lane • San Bernardino, CA 92408

(909) 383-6655 • (909) 383-6650 FAX

## Inland Empire Gymnastics Academy Coach in Training Leadership Program Application

### Personal Data

Name (Last) \_\_\_\_\_ First \_\_\_\_\_ MI \_\_\_\_\_

Address (Street) \_\_\_\_\_ City/State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Emergency Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Age \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Do you drive? \_\_\_\_\_ Grade in School \_\_\_\_\_

School Currently Attending \_\_\_\_\_ District \_\_\_\_\_

Current or Last Gymnastics Level \_\_\_\_\_ Current Coach \_\_\_\_\_ Yrs. at IEGA \_\_\_\_\_

Days/Hours Available? \_\_\_\_\_ Time or Day Limitations? \_\_\_\_\_

Mother's Name \_\_\_\_\_ Contact Phone Number \_\_\_\_\_

Father's Name \_\_\_\_\_ Contact Phone Number \_\_\_\_\_

At Inland Empire Gymnastics Academy, teaching gymnastics skills, assisting in classes or generally supervising children in a physical environment, requires quick and unexpected movements including lifting or catching ("spotting") children weighing up to 150 lbs. or more. Any work at IEGA often requires lifting and adjusting heavy sports apparatus. Please indicate below if you have any current or past conditions, which might keep you from safely performing the physical requirements of this position for which you are applying.

*YES, I understand the physical requirements of the position, and I am able to perform the physical requirements without jeopardizing my safety or the safety of any Inland Empire Gymnastics Academy students, clients, guest, coworkers, or others.*

*Initial Here:*

### Extracurricular Information

Describe any other school or extra curricular activities that you are involved in, as well as any summer vacation plans.

## Work Experience, Volunteer Work

Describe any other work experience you have had either here at Inland Empire Gymnastics Academy or somewhere else. Include any volunteer work you have been involved in, particularly as it relates to working with children or in the area of gymnastics.

## IEGA COMPETITIVE ATHLETES ONLY

*If you are a member of the IEGA Xcel Team, you must get your coaches approval, and have them sign off below, in order to participate in the CIT Leadership Program, particularly if any of the trainings conflict with your practice times. You cannot miss CIT trainings and your class shadowing days/times must be opposite of your regularly scheduled practices.*

What are your practice days and times?

Are you currently in competition season?                      YES                      NO

I understand that my athlete would like to apply for the CIT Program. I give permission for this athlete to participate, should they be accepted, understanding that they may have to miss practice or leave practice early, as they cannot miss the schedule CIT trainings.

\_\_\_\_\_  
*Coaches' Signature*

\_\_\_\_\_  
*Date*

## Parent Understanding & Agreement

I/We understand that my/our child is applying for the Inland Empire Gymnastics Academy CIT Leadership Program, which will involve seven Monday evening group trainings/meetings and a minimum of 1½ hrs. of weekly shadowing/assisting in an assigned class at Inland Empire Gymnastics Academy. CIT can do more than the 1½ hrs. per week but not more than 2. \_\_\_\_\_

*Initials*

I/We understand that the CIT Leadership Program is an unpaid internship/work experience opportunity but that my/our student can receive community service hours for those "in-gym" shadowing/assisting hours.

\_\_\_\_\_  
*Initials*

I/We understand that the CIT Leadership Program is outside of their regular gymnastics training/class time, if they are currently a student, and will be in addition to any school/homework. I/We believe that my/our child has the necessary time management skills to manage the CIT Leadership Program alongside these other responsibilities and obligations. \_\_\_\_\_

*Initials*

I/We understand, and have explained to my/our child, that participation in the CIT Leadership Program does not guarantee a job, now or in the future, but that upon completing a minimum of 160 hours of CIT time on the gym floor and reaching 16 years of age, he or she can apply for a Junior Coaching position or upon reaching 18 years of age, can apply for a coaching position in a program which he/she might be eligible. \_\_\_\_\_

*Initials*

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

## About You

Why do you want to join the CIT Program? Tell us why you might be a good coach someday and what you can offer the students at Inland Empire Gymnastics Academy. What do you hope to get out of the CIT Program?