



Coach-In-Training (CIT) Program Information

What is the CIT program?

The Air Force Mavericks CIT program provides training to young aspiring coaches through educational sessions and mentorship. Our CITs will learn how to develop practice plans, lead classes, provide safe and constructive cheerleading instruction and progressions, and will be trained in proper spotting technique. Most often, CITs are offered the opportunity to assist with recreational classes and camps or younger competitive teams under the guidance of senior coaches.

What are the benefits of the CIT program?

- CIT coaching hours can usually be applied toward high school community service volunteer hours (please check with your school for confirmation in advance)
- Volunteer coaching experience enhances resumes and senior coaching staff can be valuable references for future job/school applications
- After fulfilling a minimum of 100 hours of volunteer coaching over a full cheer season, CITs are eligible to apply for paid coaching positions at Air Force Mavericks at the age of 14
- CIT positions allow athletes to share their love of cheerleading with younger athletes while learning leadership, time management and communication skills

What are the expectations of CITs?

CITs are considered staff members of Air Force Mavericks and therefore, must conduct themselves according to the guidelines in the Employee Handbook. We expect CITs to be professional, arrive at least 15 minutes prior to the start of their class, wear appropriate Mavericks coaching attire, be responsible, and maintain direct communication with senior coaching staff via personal email and Team App accounts. We expect that CITs make coaching a priority and notify the senior coach if unable to attend a practice. Importantly, we expect CITs to take initiative, be receptive to feedback and open to learning, and be a fun, positive and welcoming presence in the gym. We encourage CITs to attend club events outside of practice and act as club ambassadors. We ask that CITs positively represent the values of Air Force Mavericks in all aspects of public interaction, including on social media.

What are the requirements for applying for the CIT program?

- A minimum of 2 years of cheerleading experience
- Must be at least 13 years old
- A member of the Mavericks competitive program

When and how are CITs selected?

Many CITs will be selected each year in June at the beginning of the season following Team Placements and Registration. The number of CIT positions available each season will be determined based on competitive and recreational enrollment and additional CITs may be considered in September and beyond if registrations warrant. Priority will be given to applicants who are enthusiastic and positive role models and demonstrate the following qualities: strong leadership skills, consistent and punctual attendance, maturity and dependability. Coaching availability will also be given consideration. Applications are accepted year round.



Coach-In-Training (CIT) Program Application

Name: _____

E-mail: _____

Phone Number: _____

Please indicate your availability for coaching:

Why are you interested in becoming a CIT?

What qualities do you possess that make you a strong candidate for the CIT program?

Describe the attributes of an ideal recreational cheerleading coach: