

# St. Louis Swift Track Club – Coaching Staff Application

"Building Champions, One Stride at a Time"

## APPLICANT INFORMATION

Full Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

T-Shirt/Gear Size: \_\_\_\_\_

## COACHING & ATHLETIC EXPERIENCE

Current Occupation: \_\_\_\_\_

Have you coached Youth Track & Field before? ☐ Yes ☐ No *If yes, how many years?*

\_\_\_\_\_

Previous Teams/Organizations: \_\_\_\_\_

Do you hold any coaching certifications? (Check all that apply) ☐ USATF Level 1 or higher

☐ AAU Certified ☐ First Aid / CPR / AED ☐ NFHS Certification ☐ Other:

\_\_\_\_\_

Briefly describe your own athletic background (High School, Collegiate, Professional, etc.):

## AREAS OF EXPERTISE

*Please check the areas where you are most comfortable coaching:*

☐ **Sprints** (60m, 100m, 200m, 400m) ☐ **Middle Distance** (800m, 1500m) ☐ **Distance** (3000m, XC) ☐ **Hurdles** ☐ **Relays** (4x100, 4x400, Hand-offs) ☐ **Long Jump / Triple Jump** ☐ **High Jump** ☐ **Shot Put / Discus / Javelin** ☐ **Strength & Conditioning** ☐ **Peewee / Youth Fundamentals (Ages 6-8)**

## COACHING PHILOSOPHY

Why do you want to coach for the St. Louis Swift Track Club?

What is your approach to handling discipline and motivating young athletes?

## AVAILABILITY

*Our season typically runs from Spring through Summer. Meets are often on weekends.*

Are you available for evening practices (typically 6:00 PM - 8:00 PM)? ☐ Yes ☐ No ☐

Partially (Explain: \_\_\_\_\_)

Are you available for weekend track meets (Saturdays/Sundays)? ☐ Yes ☐ No ☐ Partially

## REFERENCES

*Please list two non-family references.*

1. Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_

2. Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_

## BACKGROUND CHECK AUTHORIZATION & WAIVER

St. Louis Swift Track Club is committed to the safety of our youth athletes. All coaching staff are required to undergo a background check and complete SafeSport training (if applicable per AAU/USATF guidelines).

Have you ever been convicted of a felony or a crime involving a minor? ☐ Yes ☐ No

By signing below, I certify that the information provided in this application is true and complete. I authorize St. Louis Swift Track Club to verify my background and references.

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

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

OFFICIAL USE ONLY Interviewed By: \_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_ Status: ☐ Approved ☐ Pending ☐ Declined