

# Pal-Mac Youth Football and Cheerleading League 2025 COACH APPLICATION

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

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

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

1. Coaching position applying for? Football \_\_\_\_\_ Cheerleading \_\_\_\_\_

Head Coach \_\_\_\_\_ Assistant Coach \_\_\_\_\_ Helper \_\_\_\_\_

2. Which level? Flag (5-7 yr olds/1-2 grades): \_\_\_\_\_ B Team (10-12 yr olds/5-6 grades): \_\_\_\_\_

C Team (8-10 yr olds/3-4 grades): \_\_\_\_\_

3. Have you ever coached football or cheerleading before? (Circle one) yes no

Dates \_\_\_\_\_ What levels \_\_\_\_\_

4. Any previous volunteering with youth?

Describe \_\_\_\_\_

5. Do you have children in the organization? (Circle one) yes no

If yes, at what level? \_\_\_\_\_

6. Are you willing to coach a team other than your son, daughter or relative are participating on?

(Circle one) yes no

7. Please provide three references:

Name Phone

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

8. Please describe in your own words your philosophy of youth sports and your role as a coach.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

9. Please explain why you want to coach for the Pal-Mac Youth Football & Cheerleading League

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10. Have you ever been convicted of any crime other than a minor traffic violation?

(Circle one) yes no If yes, please explain \_\_\_\_\_

11. Have you ever been refused participation in any other youth programs or had any disciplinary action taken against you (like being removed from coaching during a game, probation or suspension)?

(Circle one) yes no If yes, please  
explain \_\_\_\_\_

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12. Your current job? \_\_\_\_\_

13. Do you have any other obligations or commitments that would prevent you from attending coaches meetings, equipment maintenance, equipment distribution and collection events, game day field duties, practices or games (any scheduled requirement, full practice schedule commitment, Sunday games)? Please  
explain \_\_\_\_\_

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I agree that, if accepted by the Pal-Mac Youth Football and Cheerleading League as a head coach, assistant coach or helper that I will abide by the rules and policies set forth by the Pal-Mac Youth Football and Cheerleading League. I understand that all coaching positions are unpaid, volunteer positions. I further understand that Pal-Mac Youth Football and Cheerleading League Board of Directors may terminate this association for due cause, by appropriate board action at any time it may be deemed necessary.

\*Filling out this application does not guarantee a coaching position. The board will notify you.\*

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

League Action Taken: Accepted \_\_\_\_\_ Rejected \_\_\_\_\_ Date \_\_\_\_\_