



## St. Mary's Girls' Lacrosse League

P.O. Box 2550  
Leonardtown, MD 20650

**President:** Cynthia Lisa - [cynthia.lisa@smgll.org](mailto:cynthia.lisa@smgll.org)

**Vice-President:** Kim Blodnikar - [kim.blodnikar@smgll.org](mailto:kim.blodnikar@smgll.org)

**Secretary:** Stacie Roy - [saroy515@gmail.com](mailto:saroy515@gmail.com)

**Treasurer:** Michelle Cox - [mecox@md.metrocast.net](mailto:mecox@md.metrocast.net)

**Member-At-Large/Coaching Coordinator:** Renae Redmond - [renae.redmond@smgll.org](mailto:renae.redmond@smgll.org)

**Member-At-Large/Lax-A-Daisy Coordinator:** Michelle Cox - [mecox@md.metrocast.net](mailto:mecox@md.metrocast.net)

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# Junior Coach Application

## Overview of Program

The Junior Coach Program is a unique opportunity offered by St. Mary's Girls' Lacrosse League (SMGLL) in which high school aged players have the chance to develop leadership and coaching skills. This program is offered exclusively to high school students who demonstrate a desire to become a mentor, leader, and/or future coach.

Junior Coaches are outstanding representatives of the community who appreciate the value of volunteering their time, talent and energy to ensure all players in SMGLL have an excellent experience learning and playing the game of lacrosse. Junior Coaches are expected to arrive on time, actively engage with players and coaches, assume leadership positions and contribute to a fun and positive learning environment!

The benefits of Junior Coaching extend beyond the opportunity to acquire volunteer hours required for graduation. Junior Coaches will learn:

- Proper professional behavior in a work environment
- To communicate availability via text, email or phone
- Receive and grow from feedback as fostered by a growth mindset

Please note, Junior Coaches will primarily be assigned to our 12U, 10U, 8U and 6U teams as necessary.

## Requirements

- High school student
- Believe in the mission of SMGLL: "to encourage and promote the sport of girls' lacrosse for the benefit of emotional maturity and athletic development."
- Understand her role to be serious but also have fun!
- Be available for SMGLL practices and games and coordinate availability with SMGLL coaches.
- Be able to take directions and have a desire to learn to coach along with many other field skills necessary to run a league smoothly.



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- Understand that Junior Coaches assist with any task necessary to run a league smoothly including picking up trash, setting up, break down, coaching, assisting, or any task requested by a coach or volunteer with SMGLL.
- Complete and submit application to Renae Redmond ([renae.redmond@smgll.org](mailto:renae.redmond@smgll.org)) by February 20, 2023. SMGLL expects to contact Junior Coaches accepted by February 22.

### Expectations of Junior Coaches

The students accepted into the program will be held responsible for:

- Contacting SMGLL personally.
- Emails from parents or guardians will not be accepted.
- Email will be the primary communication between SMGLL and Junior Coaches. Junior Coaches are responsible for the emails they send and receive.
- Parents may be requested to be added to our Junior Coach blast email list after their child is set as a Junior Coach by emailing Renae Redmond.
- All communication about hours, availability, etc, must be initiated by the Junior Coach.
- At any time, SMGLL may choose to remove a student from a Junior Coach position if she does not perform as required.
- Attend Pre Season Coach Meetings as required.

SMGLL understands that high school lacrosse is a priority, yet expects Junior Coaches to be available for SMGLL practices and games. Junior Coaches shall discuss the opportunity with their high school coach to ensure they can attend SMGLL practices and games prior to committing.



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Please complete the following questions. You may write or type out your answers and additional pieces of paper may be used if required.

Name:

Age:

Lacrosse Experience:

Current School:

Please indicate which age group you would prefer to work with (this is not guaranteed, but will help in our selection and assignment):

Explain your experience working with children (type and duration):

**Essay Questions: (you may write or type out on a separate sheet of paper):**

What leadership qualities do you have and how would they assist you in being a Junior Coach?

Why do you want the opportunity to be a part of the Junior Coach program?