

## Junior Coach Levels and Requirements 2021-2022

### **Junior Coach Level 1**

Age Requirements: 9- 10 year old skaters (with parental permission and Skating Coordinator approval)

Skating Level Requirements: Must have passed Free Skate Level 2

Coaching Compliance: Skater must complete the NAFSC Junior Coach Application and return it to Skating Coordinator. Skater (with help of parent/guardian) must complete LTS instructor sign up process on LTS website. Must be a home club member of NAFSC.

Junior Coach Jackets: Level 1 Junior Coaches are not eligible to obtain jackets until reach Level 2.

The Junior Coach Level 1 will be allowed to help with Snowplow Sam skaters (3-5yo) on practice ice or in a class under the direction of a coach. This level 1 is helpful in a class when the Snowplow Sam skaters need a helping hand or two to stand up while taking instruction from coach. This is also beneficial to the coach of this class because if they have 5 skaters that cannot stand up the class is incredibly difficult to manage. The junior coaches should engage the skaters in games and other safe, fun activities that help to practice their skills during practice ice.

### **Junior Coach Level 2**

Age Requirements: 11-13 year old skaters (with parental permission and Skating Coordinator approval)

Skating Level Requirements: Must have passed Free Skate Level 2

Coaching Compliance: Skater must complete the NAFSC Junior Coach Application and return it to Skating Coordinator. Skater (with help of parent/guardian) must complete LTS instructor sign up process on LTS website. Must be a home club member of NAFSC.

Junior Coach Jackets: Level 2 Junior Coaches are eligible to obtain junior coach jackets after coaching minimum of 5 sessions. Please make sure to give your size to Skating Coordinator.

The Junior\_Level 2 will be allowed to help with Snowplow Sam and Basic Skills Levels 1-6 on practice ice or in a class under the direction of a coach. This Level 2 is helpful with beginner skaters that may need help steady themselves on the ice or a helping hand getting up whether in class or on practice ice. The junior coaches should engage the

skaters in games and other safe, fun activities that help to practice their skills during practice ice.

### **Junior Coach Level 3**

Age Requirements: 14 years old skater and older (with parental permission and Skating Coordinator approval)

Skating Level Requirements: Must have passed Free Skate Level 5

Coaching Compliance: Skater must complete the NAFSC Junior Coach Application and return it to Skating Coordinator. Skater (with help of parent/guardian) must complete LTS instructor sign up process on LTS website. Must be a home club member of NAFSC.

The Junior Coach Level 3 will be allowed to help with the Snowplow Sam, Basic Skills Levels 1-6, and Freeskate Levels 1-4 on practice ice or in class under the direction of a coach. This Level 3 is helpful in class under the direction of a coach or on practice ice to help skaters learn elements and skills in their appropriate levels. The junior coaches should engage the skaters in games and other safe, fun activities that help to practice their skills during practice ice.

Junior Coach Jackets: Level 3 Junior Coaches are eligible to obtain junior coach jackets after coaching a minimum of 5 sessions. Please make sure to give your size to Skating Coordinator.

### **Apprentice Coach Program (moving towards full coach)**

Age Requirements: 16 years old skater and older (with parental permission and Skating Coordinator approval)

Skating Level Requirements: Must have passed Intermediate Free Skate or Novice MIF

Coaching Compliance: Skater (with help of parent/guardian) must complete LTS instructor sign up process on LTS website, obtain personal liability insurance, must complete CER's to Level B on PSA website. If under the age of 18 y.o., background check

is not required. Must have progressed through each Freeskate level of the Coach Mentor Program during the LTS program. Must be a home club member NAFSC.

The skater partaking in the Apprentice Coach Program must be a seasoned junior coach. They may help with Snowplow Sam, Basic Skills 1-6, and Freeskate Levels through level 6 on practice ice or in class under the direction of a coach. This skater is progressing towards becoming a full coach which can be on payroll with NAFSC LTS program and has interest in becoming a private coach. All coaching compliance requirements must be met prior to being on payroll on NAFSC LTS.

Junior Coach Jackets: Coaches partaking in the Apprentice Program are eligible to obtain junior coach jackets after coaching a minimum of 5 sessions. Please make sure to give your size to Skating Coordinator.

\*\*\*The priority for coaching times is given to the highest coach level available. The Skating Coordinator will assign coaches to appropriate classes.