



## Coach Mentorship Program Information and Application

### *Mentor Information*

Interested applicants must submit their application at the following link:

[\*\*MENTOR APPLICATION\*\*](#)

We ask each Mentor Coach focus on the following areas when working with the Jr Mentee.

#### **OBJECTIVES**

- Advance youth coaching
- Develop Coaching and Leadership Skill(s)
- Model the way
- Mechanism for cultural change (female coach development and diversity in coaching)

#### **MAIN ELEMENTS IN MENTORING:**

- Focus on knowledge acquisition for the mentee.
- Support and assist with career and life skills development.
- Mutually beneficial personal growth for mentee and mentor.
- Involves direct guidance and support.

#### **COMMITMENT:**

- Minimum 1 Season (Spring/Fall or both)
- Communicate with Mentee on a regular basis during training and games, as well as through email.
- Support your Mentee in a formal Planning, Observation and Reflection for leading practices (minimum 2 times over the placement period).
- Support your mentee through completion of self-assessment forms and regular feedback during season. Self-assessment forms and Feedback tools will be distributed in the Mentor package.
- Final feedback form submitted to Supervisor of the program when commitment is completed
- Watch the Mentor Coach Program Info Video and PowerPoint presentation – This program provides support when starting with your mentee (approximately 30 minutes).
- All interactions and communication will be restricted to follow the Rule of 2 guidelines set out by CMFSC.

For more information, please contact Andrea Maloney [headcoachgirls@cmfsc.ca](mailto:headcoachgirls@cmfsc.ca)