



## Format

# Coaches Mentor Program - Foundation

Fall 2015 - 16



### Mission

- To help create, develop, and foster world-class coaches to staff the Five Rings Jiu Jitsu and Fitness academies
- To lay a strong foundation of understanding about the art and science of coaching, the process of learning, positive communication, professionalism, and teamwork

### Details

- 90 minute class | 4 sessions | running over 5 months
- Proposed time are Fridays from 5:00 – 8:00 pm
- Focus on the foundation of good instruction and coaching
- Graduates will be eligible to apply to coaching positions at Five Rings main campus and / or be eligible for cooperative coaching positions at an affiliate group of Five Rings.

### Tuition

- \$199 initiation
- + \$49 per month for five month

### Dates

- November 20
- December 18
- January 15
- February 12

### Required material

- Coaches Mentor Program – Foundation Reading Packet (to be given out on Monday, November 2)
- Five Rings Jiu Jitsu Journal

### Expectations

- All classes and CMP Foundation events are to be attending. If a class is missed, the student is responsible for getting the class material, turning in all missed work, and staying on track.
- There will be reading / homework assignments for every class (60 – 90 minutes of work)
- All assignments, projects, quizzes, and tests must be completed at a proficiency level of 80% or higher
- All course work must be completed and meet standards by Friday, March 11, 2016 to graduate



# Application Coaches Mentor Program - Foundation



*Due October 16, 2015*

Name: \_\_\_\_\_ Rank: \_\_\_\_\_

### Details:

- Four, three hour class meetings spread over four month
- Proposed time are Friday from 5:00 – 8:00 pm (1 – Nov. 20, 2 – Dec. 18, 3 – Jan. 15, 4 – Feb. 12)
- Focus on the foundation of good instruction and coaching
- Six month commitment

*(Feel free to answer questions on another piece of paper and attach it to your application.)*

1. List and explain your Jiu Jitsu, martial arts, and athletic background.
  
  
  
  
  
  
  
  
  
  
  
  
  
2. Why do you want to be a coach?
  
  
  
  
  
  
  
  
  
  
  
  
  
3. What are your long-term goals in Jiu Jitsu? What are your long-term goals as a coach?
  
  
  
  
  
  
  
  
  
  
  
  
  
4. How serious are you about becoming a coach? What are you willing to sacrifice to achieve your goal?
  
  
  
  
  
  
  
  
  
  
  
  
  
5. What coaches / instructors / teachers do you most identify with (in and out of Jiu Jitsu) and why?
  
  
  
  
  
  
  
  
  
  
  
  
  
6. Have you ever been convicted of a felony? If yes, elaborate.
  
  
  
  
  
  
  
  
  
  
  
  
  
7. List three character references (Name and phone number)
  
  
  
  
  
  
  
  
  
  
  
  
  
8. Anything else you'd like the board to consider?