



COACH DEVELOPMENT PROGRAM™

APPLICATION FOR DEVELOPMENT PROGRAM

Please answer all questions. This application must be fully completed before being reviewed by the staff at RCF1.

GENERAL INFORMATION

NAME:

Last

First

Middle

HOME ADDRESS:

Street

City

State/Country

Zip Code/Postal Code

PHONE:

EMAIL:

DATE OF BIRTH (DAY/MON/YR):

MALE

FEMALE

QUESTIONS

HOW LONG HAVE YOU BEEN LEADING CROSSFIT CLASSES?

HOW MANY CLASSES DO YOU COACH A WEEK?

WHAT IS YOUR CURRENT ROLE AT THE GYM? (PLEASE LIST & EXPLAIN ALL RESPONSIBILITIES)

DO YOU PROGRAM FOR YOUR GYM? FOR ANYONE? (LIST EXPERIENCE)

QUESTIONS (CON'T)

PLEASE LIST COACHING STRENGTHS AND WEAKNESSES. (BE SPECIFIC)

WHAT ARE YOUR COACHING GOALS?

PLEASE LIST ANY RELEVANT CREDENTIALS YOU CURRENTLY HOLD?

QUESTIONS (CON'T)

DESCRIBE A TYPICAL 'DAY-IN-THE-LIFE'

PLEASE RETURN THIS APPLICATION:

ATTACH TO THIS APPLICATION (1) LESSON PLAN FROM ONE OF THE CLASSES YOU COACHED.

BY MAIL:

AUSTIN MALLEOLO
DENISE THOMAS
Reebok CrossFit One
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Canton, MA 02021

BY EMAIL:

Applications may be submitted via
email to:
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denise@reebokcrossfitone.com



For questions on the status of your submitted application
please email denise@reebokcrossfitone.com