

## EMAIL FOR A COACHING POSITION

[Subject: From New England College: Application for Lacrosse Position]

Dear Mr. Samuels:

I recently learned from my placement agency, Carney Sandoe and Associates, that your school is starting a lacrosse program and is looking for a Head Lacrosse Coach. I would very much like to be considered for this position. I am a graduating Educational Studies major at New England College in Henniker, New Hampshire (3.4 GPA), and am currently finishing a field experience at John Stark Regional High School.

As a lacrosse player, I was a four-year starter, an All-Conference player and a three-year captain at Lewiston High School, Maine, and helped establish the program in its inaugural season. I am a four-year starter at New England College and currently a second-year captain, with the expectation of being named to the Commonwealth Coast Conference's All-Conference Team this May.

I have extensive coaching experience at all levels of youth and some high school level lacrosse. My most notable coaching achievement came in the summer of 2006 when I was named the Assistant Head Coach and Defensive Coordinator of the "15's Tournament Team" at Camp Cedar in Casco, Maine. In this position, I was instrumental in holding camp wide tryouts, selecting, and eventually coaching high school level players (13-15 year olds) for the team. I created practice plans and drills for the three week period prior to the tournament and created and implemented my own defensive system. In five games under the system, the team allowed only eight total goals and eventually won the annual tournament. The athletes on my team grew as players and learned college level terminology, strategy, technique and proper execution.

Since my last coaching experience at Camp Cedar, my knowledge and understanding of the game has increased immensely. My role as a captain has helped me to study the more intricate points of lacrosse, both on and off the field, under superb head coaches from a variety of high school and college coaching backgrounds.

I have attached a copy of my resume with this email. As a potential coach, I am a qualified candidate with strong interpersonal and leadership qualities. I am confident and self-motivated and would very much like to become a part of your staff. Please be in touch let me know when we could discuss this opportunity in further detail. Feel free to reply via e-mail or call my cell phone at (207) 740-0221. I look forward to hearing from you.

Thank you for your time and consideration,

Stephen Cobb