

PreTeam Coach- Part Time

Mondays and Thursdays 6:30pm-8:30pm plus office work at your convenience

Coach Women's Levels 1-4

Maintain detailed knowledge of USAG rules, deductions, etc.

Maintains proper USAG certifications

Safely and effectively manage large groups of athletes, possibly multiple levels simultaneously

Providing support to Head Coach to create level specific training plans

Communicating effectively with parents regarding skill progress, scheduling, etc.

Weekly/ Bi weekly planning meetings with team coaches and Head Coach

Administrative work will be required

Traveling to meets with athletes, and coaching as needed for meets

Staying up to date of USAG certifications and rules/requirements

Crossover coaching to recreational classes will be required when needed.

Ability to lift/carry a minimum of 25 lbs

Ability to stand for long periods of time

Ability to run, jump, and be physically active

Ability to work well with children

Loves working with children, can be silly and fun

Self-motivated, dependable, and committed

Strong ability to maintain class control and discipline

Includes Recreational Coach Responsibilities:

Recreational Gymnastics Coach

Lead and supervise classes with boys and girls of different age groups and talents

Teach skills and abilities at each apparatus

Ensure proper warm up, stretch, and cool down for each class

Ensure controlled class management, concentrate on all gymnasts, don't tolerate disrespectful behavior, practice positive reinforcement and sandwich coaching

Set up a safe gym environment

- Adhere to safe practices for all equipment

- Ensure correct technique is used while spotting

- Review gym and facility safety with new gymnasts

- Adapt equipment for age, ability, and size of gymnast

- Be familiar with emergency and evacuation procedures

Plan and come prepared

Carry a positive attitude

Come prepared to teach written lesson plans

Arrive 10 minutes before class or meeting start times

Wear appropriate clothing that is movable and modest

Never sit while coaching

Communicate with the Recreation Director on a weekly basis regarding teaching schedule and gymnast performance. Determine who will sub your class if absent.

Ensure gym, including bathrooms, lobby and office space are clean.

Train new instructors through shadowing

Must have a love of kids and a lot of patience

The ability to lift and carry up to 50 lbs, physical activity involved in spotting and moving equipment; pulling, lifting, crouching, balancing, and climbing

The ability to personally communicate with parents and staff

Standard First Aid certification, administer first aid if necessary