

Adult Recreational Gymnastics Coach Job Description

Northfield Gymnastics Club

The Recreational Gymnastics Coach will teach their students how to safely execute beginner, intermediate and/or advanced gymnastics skills. The coach will report to the gym manager and perform the following responsibilities:

Job Responsibilities:

- Lead and supervise classes with boys and girls of different age groups and talents:
 - Teach skills and abilities at each apparatus, following the standard NGC curriculum
 - Lead the standard NGC warm up on a rotating basis; assist in the warm up when another coach is leading.
 - Ensure controlled class management: concentrate on all athletes equitably, don't tolerate disrespectful behavior, practice positive reinforcement
 - Assess the skills of each gymnast on a continual basis, report assessment to gym manager at the end of each session or before when seeing exceptional ability.
- 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 athletes throughout session
 - adapt equipment for age, ability, size of gymnast and safety
 - 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 coaching uniform
 - complete student roll, assessments and timesheets on time
 - never sit while coaching, chit chat with other coaches
- Communicate with the gym manager on a weekly basis regarding teaching schedule and gymnast performance. Determine who will sub your class if absent.
- Ensure the gym, including bathrooms, lobby and office space are clean (according to chart)
- Train new instructors (through shadowing/co-coaching if trained to do so)

Additional Requirements:

- A love of kids (and a lot of patience) and a love of gymnastics!
- The ability to lift up to 50 pounds; 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 and CPR Certifications, administer first aid if necessary

Signature: _____ Date: _____