

Recreational Gymnastics Coach Job Description Ingrid's Gymnastics

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 Ingrid's gymnastics curriculum
 - Lead the standard Ingrid's gymnastics warm up on a rotating basis; assist in the warm up when another coach is leading
 - Ensure controlled class management: concentrate on all gymnasts (don't pick favorites), don't tolerate disrespectful behavior, practice positive reinforcement
 - Assess the skills of each gymnast quarterly to determine pre-team readiness, report assessment to gym manager
- 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 coaching uniform
 - complete student roll, assessments and timesheets on time
 - never sit while coaching or chit chat with other coaches
- Communicate with 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 (rotating basis)
- Train new instructors (through shadowing)

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 personably communicate with parents and staff
- Standard First-Aid Certification, administer first aid if necessary

Signature: _____ Date: _____