Job Title: Gymnastics Head Coach
Philosophy: To provide a safe and fun environment for boy and girl Gymnast to learn and develop self-learning skills and self-development through Gymnastics while building self-esteem and character.

Hours of Operation: Monday - Thursday evenings, 3:00 pm -9:00 pm. Additional hours and times for Gymnastic birthday parties and open gym times TBA

Pay: To be determined within the interview process

## Management

- Access with hiring coaches along with Program Director: needs knowledgeable individuals, someone who can relate to children, knows the progression of a skill and how to set up a drill, and hands on coaching
- Schedule classes and assistant coaches accordingly for clinics, open gym time, birthday parties etc.
- Order Staff shirts, gymnastics medal, and other small equipment needed through the Program Director
- Advertise and promote through social media and email
- Have a lesson plan ready before session begins and know the skill set you are working for
- Parent socialization: First impressions, knowledge of progression of levels, weekly or monthly newsletters and scheduling make-ups if possible
- TEAM (if we can offer the program) schedule practices, order uniforms and backpacks, schedule meets. Validate team/coach/gymnast memberships (AAU- Gym Stars) Travel to meets and be $100 \%$ available on the weekends for meets
- Choreograph routines and routine music for floor and beam
- Ability to communicate with parents on a professional level
- Lead Assistant coaches as well as students with positive instructions, while teaching discipline in a positive aspect


## Daily Coaching Duties

- Making sure every class has 4 or more and no more than 8 gymnast per hour session
- Ensure two coaches per class just o cover and help with restroom, accidents, or fall (filling in when Assistant Coach can not attend)
- Make sure equipment is safe and secure for children
- Take class attendance
- Follow CDC guidelines for gymnastics
- Know drills and break down of skills to able to coach at a different level within the same class
- Be able to connect with the gymnast with an invested interest in their progress and learning.
- Have fun!


## Requirements

- Provide valid ID for Coaching background check
- Pose current CPR and AED certification
- Have strong leadership and organizations skill


## Current Program Stature

- Parent- Tot:(45 mins) Walking age to $4 y r s$, one parent participates and helps their child with the drill the coach has demonstrated. Class is mixed with introductory gymnastics skills and motor movement skills and games. Best class for a parent who does not want to leave a 3 or 4-year-old.
- Novice: ( 50 mins due to Covid restrictions, 55 min regular) $5-12$ years old but decide what you want the cutoff to be. Beginner gymnastics skills and terminology. Use drills and breakdowns to learn desired skills.
- Intermediate: ( 50 mins due to Covid restrictions, 55 min regular) 5-12 years. Have the basic skills of handstand, cartwheel, front support, basic beam walks, dive roll and vault run. Ready to add more difficult skills with the mental clarity and physicality to do so. Roundoff, cartwheel on beam, chin up pullover, etc.
- Advanced: (1.5 hrs.) 5-12 years. Has shown skills and terminology through Intermediate level. Ready to add more difficult skills on bars back hip circle, sole circle, shoot thru, squat on, handsprings on floor
- Team:TBD

