



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF THE NORTHWOODS

Job Title: Assistant Gymnastics Coach

FLSA Status: Non-Exempt

Reports to: Youth Sports Director

Revision Date: 11/18/2022

POSITION SUMMARY: Under the direction of the Youth Sports Director and Gymnastics Coach, the Assistant Gymnastics Coach, in harmony with the Christian nature and Mission of the YMCA, as well as the established goals and objectives of the YMCA, shall be responsible for assisting in the organization and operation of a variety of classes within the YMCA gymnastics programs. The Gymnastics Coach provides quality instruction, in a fun environment, that leads to a positive, safe, and effect experience for all who participate.

ESSENTIAL FUNCTIONS:

- Assist the head coach in the preparation of lesson plans and routines for classes.
- Instructs and provides leadership for participants and program activities.
- Assists the head coach in assuring that the gymnasts training includes proper warm up and cool-down, bio-motor abilities development, including: flexibility, strength, coordination, etc., and gymnastics safety and falling.
- Attends all staff meetings, events and trainings.

YMCA COMPETENCIES (Leader):

Mission Advancement: Accepts and demonstrates the Y's values. Demonstrates a desire to serve others and fulfill community needs. Builds effective, supportive relationships with members and working relationships with employees. Supports fund-raising projects.

Collaboration: Works effectively with people of different backgrounds, abilities, opinions, and perceptions. Builds rapport and relates well to others. Seeks first to understand the other person's point of view, and remains calm in challenging situations. Listens for understanding and meaning; speaks and writes effectively. Takes initiative to assist in developing others.

Operational Effectiveness: Makes sound judgments, and transfers learning from one situation to another. Embraces new approaches and discovers ideas to create a better member experience. Establishes goals, clarifies tasks, plans work and actively participates in meetings. Follows budgeting policies and procedures, and reports all financial irregularities immediately. Strives to meet or exceed goals and deliver a high-value experience for members.

Personal Growth: Pursues self-development that enhances job performance. Demonstrates an openness to change, and seeks opportunities in the change process. Accurately assesses personal feelings, strengths and limitations and how they impact relationships. Has the functional and technical knowledge and skills required to perform well; uses best practices and demonstrates up-to-date knowledge and skills in technology.

QUALIFICATIONS:

- Requires excellent communication skills, relationship building skills, and the ability to model the YMCA Core Values.
- Willingness to learn different areas within the gymnastics program and follow the direction of the head coach.
- Minimum of 15 years old.
- Demonstrates the ability to safely spot level specific skills.
- Within 60 days of hiring complete: CPR/AED and First Aid training

PHYSICAL DEMANDS

- Must be able to lift 50 pounds
- Must be able to assist participants with tumbling skills

I have read, understand will execute according to this job description

Employee Signature

Date

Supervisor Signature

Date