



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

Job Title: **Gymnastics Team Coach**  
Reports to: Gymnastics Director

Revision Date: Jan. 2023

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### **POSITION SUMMARY:**

Provide coaching, encouragement, and instruction for gymnasts in the team program. Guide students through a variety of drills, skills, and strengthening exercises in a safe, progressional and accurate manner. Accurately instructs and critiques USAG level specific routines. 6 to 14 hours per week.

### **ESSENTIAL FUNCTIONS:**

1. Positively models and reinforces YMCA's core values, mission statement, and relationship-building skills in all interactions.
2. Is prepared for each practice with a lesson plan according to the team level specifications.
3. Sets up drills and stations appropriate to the skill level of the class. Introduces skills and supervises all gymnasts throughout the practice, including warm-ups.
4. Is knowledgeable about the USAG policies and procedures for routines and meets. Has knowledge of the judging guidelines to provide accurate feedback to gymnasts.
5. Accompanies assigned level gymnasts to meets throughout the competitive season. Assists with other levels as designated by the Gymnastics Coordinator.
6. Participates in all coaches' meetings and trainings.
7. Maintains professional appearance and demeanor in accordance with the Gymnastics Policies and Procedures.
8. Communicates with parents of gymnasts as necessary to inform of student progress and build rapport. Directs questions as needed to Gymnastics Director.

### **Qualifications:**

1. Must be at least 16 years old.
2. Must have some experience with gymnastics, dance, or cheer.
3. Must be enthusiastic about working with children, able to move quickly, bend, twist, and lift 40lbs.
4. Candidates must be personable, outgoing, reliable, and trustworthy
5. Preferred: Previous experience with gymnastics coaching and USAG Routines, Rules & Regulations

**PHYSICAL DEMANDS:**

Physical Activity / Working Conditions (Identify the frequency with which each function is performed)										
N - Not Performed		O - Occasionally 1-33%				F - Frequently 34-66%			C - Continuously 67-100%	
Function	N	O	F	C	Function	N	O	F	C	
Sit		X			Squat/Crouch			X		
Stand				X	Climb Stairs		X			
Walk			X		Lift/Carry over 50 lbs.		x			
Run		X			Push over 50 lbs.		X			
Kneel			X		Reach over head			X		
Bend/Stoop			X		Keyboard/Typing	X				
Operate Machinery	X				Look at a computer screen	X				
Lift/Carry 1 – 10 lb.			X		Exposure to Gas/Fumes	X				
Lift/Carry 10 – 20 lb.			X		Exposure to Dust		X			
Lift/Carry 20 – 30 lb.			X		Work with Chemicals		X			
Lift/Carry 30 – 40 lb.			X							
Lift/Carry 40 – 50 lb.		X								

**CUSTOMER SERVICE STATEMENT:** Our number one goal is to provide outstanding customer service. Every YMCA employee is expected to be: a good listener, knowledgeable, friendly, professional, helpful, and willing to go the extra mile. We demonstrate the values of caring, honesty, respect, and responsibility as role models in the YMCA and the community at large.

**AFFIRMATIVE ACTION POLICY STATEMENT:**

The YMCA of the Chippewa Valley is committed to providing equal employment opportunity to all persons in all terms, conditions, and privileges of employment. The YMCA does not discriminate in employment based on race, creed, religion, sex, color, sexual orientation, national origin or ancestry, age, disability, marital status, arrest and conviction record, or any other characteristic or classification protected by federal, state or local law.

**DISCLAIMER:**

I have read and understand the above Position Description. I agree to fulfill all requirements necessary for the performance of all job segments described. I acknowledge that I am able to perform all essential functions without special assistance. I understand that duties, responsibilities, and activities may change and/or new ones may be assigned at any time with little or no notice. I understand and mutually accept that the Position Description is not a contractual agreement.

**SIGNATURES:**

Employee Signature \_\_\_\_\_ Date \_\_\_\_\_

Supervisor Signature \_\_\_\_\_ Date \_\_\_\_\_