

HAWAIIAN ISLAND TWISTERS

COACHES JOB DESCRIPTION

Coaching Job Description:

The primary function of all HITS gymnastics coaches is to provide instruction and leadership in an instructional program for gymnastics students in a positive, safe, educational, and fun gym environment, as is in accordance with the policies and mission of Hawaiian Island Twisters Gymnastics. It is the coach's responsibility to work at improving each gymnast and keep him/her in the program so that he/she may reach their highest level of potential.

The coach must observe and spot athletes as they perform on the various apparatus. This will include physical contact and lifting, especially with smaller children.

Coach should positively communicate information on the HITS Recreational Program, and effectively communicate with students and parents in a professional and positive manner at all times.

Duties:

- Instruct classes as assigned in accordance with the HITS level guidelines.
- Manage and track class attendance.
- Assist with preparation of lesson plans, skills and drills for classes.
- Develop a positive relationship with participants, and provide motivational support and guidance.
- Responsible for safely spotting and lifting children of all ages.
- Encourage member and parent involvement.
- Convey information about the HITS Recreational Program to the public.
- Follow all HITS emergency and safety procedures. Complete incident and accident reports as necessary.
- Report dangerous or unsafe equipment or areas in the gym.
- Participate in staff meetings, trainings, events, reviews and special events as scheduled.
- Organize and put away equipment daily.
- Conduct quarterly student evaluations, document skill information and recommend appropriate gymnast level. Complete student certificates in a timely manner.
- Train and supervise new instructors as assigned.
- Dress in proper coaching attire, as outlined by HITS management.
- Notify management of absences and locate subs.
- Cultivate strong working relationships with HITS clients, coaches and staff members.
- Uphold all HITS policies, procedures, standards and code of conduct.
- Fulfill any functions designated by HITS management for the betterment of the program and the ability of HITS to meet its mission.

Other Coaching Skills & Requirements:

- The coach should be able to demonstrate gymnastics skills to their students. Coaches should plan and direct instruction for their assigned daily classes.
- Vary practices. When a gymnast has done the same things in class over and over again each week, the gymnast will lose interest. Every class should be different and every effort should be

made to do different things each week. Different warm-ups, different skills, different drills, use of different matting should all be considered when planning for class.

- Build strong gymnastics basics.
- Review basics, work at their current level and offer new/future skills (next progression).
- Closely monitor and instruct through all aspects of practice, including warm-ups and conditioning.
- Encourage gymnasts to improve and excel at strength and conditioning by praising hard work, recognition of accomplishments and the setting of personal and class records.

Additional Educational Opportunities:

- USA Gymnastics safety and risk management courses
- USA Gymnastics instructor course
- First Aid & CPR
- Concussion Awareness Training