



Velocity Gymnastics Recreational Coach

Velocity Gymnastics is a small private club located in Clarendville that was established in 2016, as part of Velocity Sports & Recreation. There are currently 112 recreational gymnasts, 10 preExcel gymnasts, and 13 xcel gymnasts registered. The floor space is 2500 square feet, that includes 2 sprung floor strips, vault table, 1 set of uneven bars, 2 single bars, 1 Spieth beam and 4 floor beams that are permanently set up.

The philosophy of Velocity Gymnastics is to provide quality gymnastics, in a fun, and safe environment using the CANGYM development system. Along with gymnastics skills, we strive to help boost children's confidence and self-esteem, and building life skills.

As a small club we take pride in a family atmosphere, which supports all participants and coaches.

There are multiple opportunities for recreational coaches from Kindergym to Advanced Recreational programs. Written lesson plans will be provided. Coaches will be required to commit to a full season of coaching September – May. Applicants will be required to be a minimum of Foundations trained, (Comp 1 trained is preferred) with current First Aid certification. Remuneration will be based on experience.

Coaches will report to the head coach and perform the following responsibilities:

- Teach classes with boys and girls of different age groups and levels
- Teach skills and abilities at each apparatus, following CANGYM and prepared lesson plans
- Lead the standard 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 tolerate disrespectful behavior, practice positive reinforcement
- Assess the skills of each gymnast at the end of each session, report assessment to Head Coach
- Communicate with head coach on a weekly basis regarding teaching schedule and gymnast performance. Determine who will sub your class if absent.
- The ability to work well with all staff and adhere to the standard of coaching that has been set for Velocity.
- 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 personally communicate with parents and staff

Please forward resume to leanneseguina@hotmail.com

