

Job Description

Competitive Team Assistant Climbing Coach

Job Title:

Assistant Coach - Competitive Team

General Description:

The VRG Competitive Team Assistant Coach works alongside the Head Coach to deliver high-quality coaching that supports the technical, physical, and mental development of our youth athletes. Through structured training, the Assistant Coach helps athletes build climbing skills, confidence, resilience, and competition readiness while fostering a positive, supportive, and growth-oriented team culture.

At Valley Rock Gym, we believe great coaching extends beyond climbing performance. We take a holistic approach to athlete development, supporting each athlete not only as a climber, but as a teammate, leader, and valued member of the climbing community.

Competitive Team coaches are role models who demonstrate professionalism, integrity, curiosity, and a commitment to lifelong learning. They strive to create a safe, inclusive environment where athletes feel challenged, supported, and empowered to grow both on and off the wall.

Responsibilities:

Athlete Development & Coaching

- Assist the Head Coach in planning and leading structured team practices.
- Coach technical movement, strength and conditioning, projecting, competition strategy, and mental skills.
- Help athletes set goals, track progress, and develop healthy long-term training habits.
- Remain flexible and adaptable in coaching approaches to best support each athlete's physical, mental, and emotional development.
- Prepare athletes physically and mentally for USA Climbing competitions.
- Attend assigned competitions and provide coaching before, during, and after events.
- Promote a healthy relationship with competition by emphasizing learning, resilience, and personal growth.

Team Leadership & Communication

- Help cultivate a positive, inclusive team culture.
- Reinforce the Competitive Team Code of Conduct and serve as a positive role model.
- Maintain professional communication with athletes, parents, coaches, staff, and management.

- Participate in coaching meetings and ongoing professional development.
- Represent Valley Rock Gym positively within the climbing community.

Risk Management & Safety

- Maintain a safe, organized practice environment.
- Reinforce climbing safety, etiquette, and gym policies.
- Address safety concerns promptly and report incidents to the Head Coach & Team Manager.

Qualifications

- Strong understanding of advanced climbing movement, technique, and training principles.
- Experience working with youth athletes in a coaching, instructional, or mentorship role.
- Experience with bouldering and sport climbing.
- Strong interpersonal, communication, and leadership skills.
- Commitment to creating an inclusive, respectful, and athlete-centered environment.
- Passion for mentoring young people and supporting long-term athlete development.
- Engagement in ongoing professional development and continued learning.

Preferred Qualifications:

- Previous climbing coaching experience.
- Previous USA Climbing competition experience (coach or athlete).
- Familiarity with the USA Climbing rulebook.
- First Aid/CPR certification (or willingness to obtain).

Work Hours

- Part-time, 10-12 hours per week, M/W/T/F 3:30-6:30/7pm
- Expected to work weekday afternoon/evening hours
- Flexibility to travel on weekends to competitions on a local and regional level.
- Start Date: Mid August

Compensation, Benefits and Perks:

- \$18-20 per hour DOE
- Paid Time Off (PTO)
- Facility Membership
- Access to pro-deals through our outdoor industry partners

To Apply

Please email your resume, references and cover letter to: johanna@valleyrockgym.com