

UD CrossFit Assistant Coach

This is a part-time, non-benefitted position.

DEADLINE: July 31, 2018

CONTEXT OF THE JOB:

Under the general direction of the Fitness Director for Recreation and the CrossFit Head Coach, the assistant coach will be responsible for coaching CrossFit classes to the UD community (student, faculty/staff and alumni). Candidates must have the ability to manage a classroom setting while promoting the atmosphere required for athletic success.

The ideal candidate must possess a strong balance of management skills, knowledge of all CrossFit modalities, and the ability to foster a fun and competitive workout environment. He/she must also possess technical knowledge of all weightlifting movements and basic gymnastic skills.

MAJOR RESPONSIBILITIES:

- Manage group class warm-ups, workout instruction, cool-downs, etc.
- Daily client and WOD record keeping
- Provide energy to the class that inspires athletes to work hard, have fun and compete
- Maintain a safe environment by scaling movements and weights appropriately to avoid injury
- Maintain gym cleanliness before and after group classes
- Any additional duties as outlined by management

QUALIFICATIONS:

- CrossFit Level 1 Certificate
- Minimum 3 months experience working in a CrossFit gym
- Ability to perform the vast majority of CrossFit related movements
- Positive, friendly attitude and the ability to coach athletes of all levels and backgrounds

REQUIRED EXPERIENCE, LICENSES OR CERTIFICATIONS:

- Participation and/or coaching in a competitive training program at a CrossFit affiliate or strength and conditioning program
- CrossFit Level 1
- CPR, AED, and First Aid

Other:

- USAW club coach
- NSCA CSCS

How To Apply

When applying please submit a one-page cover letter and your resume as one document. Also, please remember to provide names, addresses and telephone number of at least three references and e-mail to cklimik@udel.edu

Equal Employment Opportunity

Employment offers will be dependent upon successful completion of a criminal background check. A conviction will not necessarily exclude you from employment.

The University of Delaware is an Equal Opportunity Employer, which encourages applications from Minority Group Members, Women, Individuals with Disabilities and Veterans. The University's Notice of Non-Discrimination can be found at

<http://www.udel.edu/aboutus/legalnotices.html>