



Sports Specific Conditioning (SSC) Position

The Community Youth Center, Concord, California

Are you passionate about health and fitness and making a difference for children ages 6 – 18? The Community Youth Center (CYC) located in Concord, California, is looking for a reliable, experienced Head Coach/Supervisor to manage the CYC SSC Program. The CYC also has part-time openings for the position of Assistant Coach for SSC.

The CYC offers classes for member's ages 6 – 18 years of age Monday through Friday from 3:00 PM to 7:00 pm. Individual sessions can run from one (1) hour to two (2) hours based on age group.

Essential Qualifications and Responsibilities:

- Experience and knowledge of the correct, proper and safe weight lifting techniques
- Experience and Understanding of proper stretching prior to working out and calisthenics exercises
- Ability to create effective and safe workouts for all age groups:
Conduct Member Fitness assessments and track progress

Create customized, safe and effective exercise programs

Power & Strength

Flexibility

Weight Loss/Gain/Nutrition

Muscle Group Building and Toning

Speed, Quickness, and Agility

- Must be passionate about fitness, self-motivated, and demonstrate a high level of member understanding, patients, professional and friendly manners to work with members 6 – 18 years of age
- Motivate and Inspire the members
- Stay knowledgeable on current trends in fitness and exercise science
- Always responsible for the safety of the CYC Members and Staff
- Experience and knowledge of managing/directing a staff of Assistant Coaches
- Ability to create a monthly staffing calendar to assign days and times for Assistant Coaches (Part-time)

Required Experience:

- At least two (2) years or more experience in the field of Sports, Health Conditioning and Nutrition
- Computer skills and both written and verbal communications skills
- Ability to follow directions and give directions in a positive and professional manner