



22955 W Industrial Drive, St. Clair Shores, MI 48080
(586) 778-9640

Job Title: Pre Team Coach (Development Program)

Job Type: Part-Time

Reports To: DP Team Director & General Manager

Job Overview

As a Pre-Team Development Team Coach, you will be responsible for coaching our Hot Shots and Saltos pre-team classes, as well as assisting with the competitive team at the Fun Meet level. This role requires a strong focus on technique and strength development to ensure gymnasts are prepared for a smooth transition to Level 3 competition.

Responsibilities

- Coach and develop young gymnasts in pre-team programs with a focus on strength, technique, and skill progression.
- Assist with the competitive team at the Fun Meet level and provide technical guidance.
- Utilize USAG Levels 1-3 knowledge to create a strong foundation for advancement.
- Maintain progress reports in both physical binders and digital records.
- Follow and adapt lesson plans to meet the evolving needs of gymnasts.
- Communicate effectively with staff and parents regarding gymnast progress and team updates.
- Assist in evaluating and selecting gymnasts for advancement to the next level.
- Foster a fun and energetic atmosphere while maintaining discipline and structure.
- Work in conjunction with the Competitive Team Manager in regards to scheduling and gymnast advancement.



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Qualifications

- Experience coaching USAG Levels 1-3 gymnasts.
 - Strong understanding of technique, strength training, and skill development.
 - Ability to motivate and encourage young athletes while maintaining a structured environment.
 - Excellent communication and organizational skills.
 - Ability to track and document progress for each gymnast.
 - Team player with a passion for developing young athletes.
 - Background check and other USAG requirements education & certification requirements.
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Perks & Benefits

- Competitive hourly pay
- 401(k) plan
- Opportunity to mentor and develop future competitive gymnasts
- Fun and dynamic work environment with a supportive coaching staff
- Future ability to grow within the program.

Are you a passionate Pre-Team Coach for the DP levels? If so, join our coaching staff and help shape the future of our competitive team. Email resume with cover letter to angelas@extremegym.net.