



## YMCA JOB DESCRIPTION

Job Title: Parisi Assistant Performance Coach

Job Grade:

FLSA Status: Non-Exempt

Revision Date: 08/03/2021

Reports to: Parisi Director and the Lead Performance Coach

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### **POSITION SUMMARY:**

The Parisi Assistant Performance Coach at The Sinking Spring Family YMCA is responsible for delivering group membership classes to program participants.

### **ESSENTIAL FUNCTIONS:**

Under the supervision of The Parisi Director and the Lead Performance Coach the Assistant Performance Coach will:

1. Develop, monitor, and instruct all Youth Sports Training Classes
2. Attend weekly, monthly, and quarterly staff development meetings and workshops utilizing the Parisi Online Education platform
3. Enforce a safe and supported class environment for all athletes.
4. Motivate and mentor young athletes with enthusiasm
5. Conduct Parisi Performance Evaluations for if needed for program participants
6. Work with Lead performance coach Track student-athlete progress and adjust goals/curriculum accordingly
7. Build rapport with athletes' parents through excellent communication and customer service
8. Maintain a general knowledge of program descriptions, pricing, availability, etc.
9. Collaborate with the Parisi Director and the Lead Performance Coach to consistently reassess best practices
10. Conduct the duties of this position in a manner that is consistent with and follows all YMCA Personnel policies
11. Instruct and lead with the YMCA's core values of Caring, Honesty, Respect, and Responsibility.

### **QUALIFICATIONS:**

1. 18+ only – working towards Bachelor's degree in Exercise Science or related field preferred
2. Coachable and motivated to work with young athletes
3. Level 1 Parisi Certification – Upon Hire
4. Possesses or working towards a nationally recognized PT/Coaching Certification such as NSCA, NASM, or ACE
5. Ability to maintain a high level of enthusiasm and positivity while immersed in a fast-paced work environment
6. Must be physically fit and able to perform a diverse array of athletic movements for multiple classes per day
7. Availability to work evening hours with reliable transportation
8. Ability to relate effectively to diverse groups of people from all social and economic segments of the community.
9. Proven track record of developing authentic relationships with others.
10. CPR, First Aid, and Child Abuse Certifications required – within 90 days of hire

**PHYSICAL DEMANDS:**

Physical Demands (Without Accommodations)	Never	Occasionally (Up to 33%)	Frequently (34% - 66%)	Continuously (67% - 100%)
Sitting	X			
Walking			X	
Standing				X
Bending Neck			X	
Twisting Neck			X	
Bending Waist (forward or sideways)		X		
Twisting Waist		X		
Squatting (crouch or sit on one's heels)		X		
Climbing	X			
Kneeling		X		
Crawling		X		
Repetitive Hand Movement				X
Reach Above Shoulder Height			X	
Reach Below Shoulder Height			X	
Move Items Weighing up to 10 lbs.			X	
Move Items Weighing 11-25 lbs.			X	
Move Items Weighing 26-50 lbs		X		
Move Items Weighing 51-75 lbs.		X		
Move Items Weighing 76-100 lbs.		X		
Move Items Weighing over 100 lbs.		X		

This job description is not designed to cover or contain a comprehensive listing of activities, duties, or responsibilities that are required of the employee for this job. Duties, responsibilities, and activities may change at any time with or without notice.

Employee signature below constitutes employee's understanding of the essential functions, qualifications, and physical demands of the position.

\_\_\_\_\_  
Employee Print Name

\_\_\_\_\_  
Employee Signature

\_\_\_\_\_  
Date