



JUNIOR COACH POSITION DESCRIPTION

Fit Kids was founded to provide free physical activity opportunities to at-risk children. Through our high quality youth fitness programs, Fit Kids develops young children into healthy, active leaders on and off the field. In addition to the many physical benefits of our programs, Fit Kids helps shape youth into confident and supportive individuals by building the skills they need in order to lead others on their team, in their communities, and elsewhere. Fit Kids recognizes the importance of these skills for all children and has developed the Junior Coach Program for youth, ages 13-18 years, who want to evolve as leaders through volunteering at our programs.

Position Profile

Serving as a Junior Coach is a fun and rewarding way for teens (and parents) to get involved with Fit Kids and make a difference in the lives of underserved youth throughout the Bay Area. Junior Coaches get to work directly with children, feel a sense of accomplishment, and build excellent leadership skills with the support of our trained, professional Fit Kids coaches!

Position Summary

The Junior Coach is a volunteer position for individuals 13-18 years of age to assist the Lead and Assistant Coaches at a Fit Kids program site. While the Junior Coach is not responsible for independently facilitating the Fit Kids curriculum, they are there to support the Lead and Assistant Coaches and program participants in many ways. Fit Kids coaches work together at each class to teach fitness activities, fair play, and positive conflict resolution. Junior Coaches will work with the coach team to assist with all aspects of Fit Kids classes.

This volunteer position may be used as a service learning project/community service credit, internship, or other school credit project upon agreement of the School and Program Coordinator or Executive Director.

Core Duties / Responsibilities

- Serve as a role model and mentor for program participants
- Attend program sessions on selected day(s) on a consistent basis
- Encourage and motivate all participants
- Assist the Lead and Assistant coaches and participate in activities and lessons
- Provide one-on-one attention to participants, as necessary
- Other duties as assigned

Qualifications

- Has a strong desire to help underserved children
- Demonstrates high energy and a positive attitude
- Shows respect to coaches and participants
- Possesses excellent communication skills
- Attends a Junior Coach Orientation session
- Strives to lead a healthy, active lifestyle



Commitment

Fit Kids' Spring season runs over the course of each academic school year. Junior Coaches volunteer approximately 1 – 4 hours per week for six weeks. Junior Coaches can choose to attend both program sessions each week OR commit to only one day a week. We ask each Junior Coach to determine which schedule works the best for them and to maintain that schedule throughout the program to provide consistency for the participants.

Requirements

Parent(s) or guardian(s) of Junior Coaches, ages 13 to 15 years old, must be present on site during all class sessions. Parent(s) or guardian(s) of Junior Coaches, ages 16 to 18 years old, may volunteer alongside their children, but it is not required.

All parent(s) or guardian(s) present on site during Fit Kids programs must complete a background check via **Verified Volunteers**. If a child is selected as a Junior Coach, further instructions regarding how to complete the background check will be sent directly to the parent or guardian listed on the application.

Application process:

Please email Fit Kids Director of Programs, Navita Wilson, at navita@fitkids.org to request a Junior Coach Application.