



## Assistant Coach Job Description

**An Assistant Coach will assist with the Facilitation of the GRFT Season, occasionally leading the girls in lessons, as well as assisting the coach with weekly stretches, running, strength training, and physical games. This includes helping with set up and break down of activities, and other duties as assigned.**

### I. Time Requirements:

- A. Weekly Practices – including, coming 30 min prior to start time, 1 hour of practice. (Approximately 1.5 hours)
- B. Once a season Coaches meetings-(2 Seasons per year=2 meetings a year)
- C. End of Season 5K and awards ceremony participation and assisting coach as needed with organization of team

### II. Duties:

- A. Participating in weekly practices and assisting in moving girls along to help coach facilitate practice in the scheduled time frame.
  - Assist with and occasionally lead:
    - 1. Roll Call
    - 2. Stretching
    - 3. Lesson
    - 4. Warm ups
    - 5. Strength Training/or endurance
    - 6. Games/relays/obstacle course-help with set up and break down
    - 7. Handout weekly newsletter and tokens
- B. Assist coach with administrative tasks
  - 1. Collecting necessary forms
  - 2. Turning in numbers, names, and sizes for ordering purposes
    - a. T shirts
    - b. Tokens
    - c. Trophies
  - 3. 5K duties and awards ceremony planning
- C. Care for girls on squad
  - 1. Pray for them
  - 2. Encourage them to participate in every activity, and try their best.
  - 3. Do what it takes to make sure every girl feels connected (encouragement, listening, noticing “stragglers”, positive reinforcement)
- D. Assist with Emergencies