



## **Assistant Coach**

We are looking for the perfect assistant coaches to join our team. The ideal coach has a passion for helping people take back control of their health first and foremost. This candidate is someone who is humble, hard-working, great with people, and wants to learn from a dedicated team of fitness professionals. This is a part-time role with full-time potential.

To learn more about NorthEast CrossFit, and the position we are hiring for, read below.

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### **About The Position:**

The primary goal of this position is to elevate our quality of coaching by assisting classes, personal training sessions, or covering the floor. The assistant coach will work under the direction of a Lead Coach.

- **Minimum Requirements:**

- CrossFit Level 1
- NEHP Coaching Academy (preferred)
- At least 3 years of being in the fitness industry to any degree
- Understands and is driven by the NECF mission, vision and values
- Must be ready to hustle, be self-directed, and open to feedback and help
- Flexible schedule, available on weekends, and early AM preferred

### **Responsibilities:**

- Assist Lead Coach in any class duties
  - Demo, lead warmup, cue/correct, program design guidance
- Cover group sessions and personal training sessions as needed
- Regularly studies all proper techniques and movement modifications
- Regularly journals and asks questions

### **Additional Expectations:**

- Completes NECF on-boarding process
- Completes CrossFit Level 1 manual
- NECF is a top priority
- Adhere to NECF core values inside and outside of the gym (including social media)
- Push affiliate towards excellence each day
- Be an open source of communication. No gossip
- Flexible schedule
- Continued education and never-ending pursuit of coaching excellence.

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### **NorthEast CrossFit Core Values**



## Assistant Coach

### **1. Integrity**

We believe in always doing the right thing over anything.

### **2. Culture**

We believe in building a community for people in pursuit of being their highest self and supporting one another.

### **3. Loyalty**

We believe in commitment and trust in each other

### **4. Growth**

We believe in constantly improving oneself

### **5. Compassion**

We believe in showing empathy and genuine kindness for all

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### **About NECF and what we are looking for...**

NECF opened its doors in March of 2012 as a small hole in the wall. Our goal was to be the largest CrossFit affiliate in our area and make working out the best part of everyone's day. After achieving this goal, we have our sights set on something more impactful. We take on a more individualized approach to health and fitness to help people live longer, happier, and healthier lives.

We are driven by the success of our clients. The stories of getting off of blood pressure medication, fears, and of course, PRs, is one of the most rewarding feelings for us. The journey has not been all roses and butterflies. We've been battle tested through closures, departures, and we still remain stronger than ever. We believe that everything that has led us here is a learning and growing opportunity for us and we want team members who want to grow with us.

We've established a solid foundation of career-only coaches and we are looking for someone who also wants a dream career out of helping individuals live higher quality lives. We've been one of the rare places to successfully do this and want to continue growing with someone who aligns with our vision and values.



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TO APPLY FOR THIS POSITION: <https://forms.gle/FAEBFpQc8fPMcQsx5>