



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

LEARN, GROW, AND THRIVE WITH A CAREER AT THE Y



TRIATHLON COACH

Part-time

POSITION SUMMARY:

Under the supervision of the Health & Wellness Director and in accordance with the mission and purpose of the Ann Arbor YMCA, Triathlon Coach will design, implement, schedule, and facilitate triathlon training programs.

PRINCIPAL ACTIVITIES:

- Plan, develop and direct all triathlon-training programs, set schedules and registrations.
- Watches and corrects participants when training in an unsafe manner.
- Promotes wellness and other YMCA programming.
- Communicates a thorough knowledge of exercise science; including functional anatomy, exercise physiology, nutrition and injury prevention.
- Must be able to design fitness programs suitable to clients that are safe and effective.
- Help maintain a clean and safe wellness center and facility.
- Reads all YMCA communications including but not limited to email on a daily basis.
- Coach and structure individual or group workout plans that meet the needs of participants in the program, recommends modifications as necessary.

QUALIFICATIONS:

- A thorough knowledge of Triathlon training is a must; ideally the candidate has USAT Level 1 Certification or higher.
- Currently certified in CPR and AED, or obtain within 60 days of hire.
- Ability to relate to Y members in a positive manner.
- Must be a highly motivated person with leadership ability and strong organizational and interpersonal skills.
- High school diploma or equivalent is required. Minimum of 2 years of college completed in a related field is preferred.
- Thorough knowledge of exercise science is required; including functional anatomy, exercise physiology, nutrition and injury prevention.

APPLICATION DEADLINE:

December 30, 2016

APPLICATIONS TO:

Ben Richards

Health & Wellness Director

400 West Washington

Ann Arbor, MI 48103 or

brichards@annarborymca.org

Please submit cover letter, resume including 3 references and Ann Arbor YMCA Employment Application.

HIRING RANGE:

\$21.00 - \$25.00

BENEFITS:

You will eligible to receive:

- Membership/Program

Full job description available upon request.