

CrossFit Stallings Coach

A CrossFit Stallings coach is required to have a positive attitude, be a confident, educated, and energetic person. You **MUST** have a current CFL 1 Certificate to join the paid coaching staff and prior coaching experience is preferred, however it is not a requirement. We are always looking for new coaches who show a love for people as well as being passionate about CrossFit. You should be comfortable in front of a crowd of people, feel confident instructing others in proper fundamental CrossFit movements, and be a great motivator. Experience with WOD programming, personal training, and nutrition are always a bonus. We stand behind our coaches and support them regardless of experience level.

CrossFit Stallings Internship Coaching Process:

Phase One: Interns must immerse themselves into our CrossFit Stallings culture; Meet people and have conversations. Attend and volunteer at special events, fundraisers and holiday WOD's. Learn nicknames, habits, and birthdays. Grab the trash, pick up, clean up and treat CFS like you own it.

Phase Two: All interns must complete and return the Application and resume to begin tracking hours as a "shadow", "assistant", and be observed as a "head coach".

Phase Three: It is important for interns to become students of the CrossFit methodology. It is critical that the Coach can carry off the role of the Expert in regards to each of the nine (9) fundamental movements; even if it means researching, studying, and then getting back to an athlete in question.

In this phase, the interns who are committed to moving into a long-term Coaching role are finding a Level 1 Cert. to register for (if a level 1 is not already obtained).

Phase Four: Interns must be able to **move** well, as well as being able to **read** and **interpret** well. That's phase four of our program: shadowing. They must learn the subtleties of coaching from a diverse spectrum of coaches; they must learn "best practices" and corrective methods to find what works most effectively for them.

Interns "**shadow**" for 20 hours with multiple coaches. During the "**shadow**" hours interns will watch and observe much and speak little. Debriefing the coach one-on-one to ask any questions and add any comments.

Next, the intern will "**ASSIST**" the head coach for 20 hours. During the "**assist**" phase interns will take the lead on different elements of instruction time under the supervision of the head coach during the training session. One-to-one feedback will be provided to the intern by the head coach at some point after the training session.

Lastly, the intern will take on the role of "**HEAD COACH**" for 20 hours while being observed and evaluated by a member of the CF Stallings coaching staff.

At the successful completion of the 60-hour internship process and having obtained a CF Level 1 Certification, interns will be added to our list of available coaches and possibly qualify for paid coaching opportunities in the future at CF Stallings.

CrossFit Coach Internship Application

Name: _____ Date: _____

Email: _____ Phone: _____

At CF Stallings, our goal is to be generally physically prepared for all of the challenges that life may throw at us.

Creating an environment that fosters improved fitness, encourages community, and provides an athlete experience that is best in class starts with our coaching staff.

The CrossFit Coach Internship position is a 60 hour long working interview in which selected applicants will participate in a hands-on, very involved role. Interns will work alongside and assist the coaching staff with various responsibilities related to coaching and gym management, starting with the basics and increasing responsibilities as the internship progresses.

There will be a check-point at the end of each of the three phases where progress will be evaluated to decide if the internship will continue or terminate at that point.

We are excited to be able to provide an opportunity to someone who is the right fit to help grow the CF Stallings community and help provide an excellent experience for our athletes.

Please complete this application and submit along with professional resume to trish@crossfitstallings.com. Thank you for your interest and support!

1. Describe what is motivating you to apply for this internship.
2. What coaching experience or qualifications do you hold?
3. Explain a time in which you had to communicate in front of a large group of people.
4. List any challenges you have recognized at CFS, and what solution(s) you would offer to help fix them.
5. List the two of the most important attributes that you feel a great coach needs to have in order to benefit our athletes.

6. Give an example of a time you have worked in a high energy, fast paced environment, and what you did to make sure you were successful.

7. What attributes do you hold that would further benefit our athletes?

8. As an intern, what support will you need from the coaching staff to be successful at CFS?

9. Tell us about a successful leadership experience you've had.

10. List 3 things you would hope to learn from an internship at CF Stallings.

11. Please list ALL days and times you are available during the internship process:

12. With the times listed above, please list your preference of hours.

13. What does CrossFit Stallings mean to you?