



EXCELSIOR SPRINGS

Parks · Recreation · Community Center

Job Title:	FEAT Performance Coach	Job Category:	Fitness
Department/Group:	ESPRCC	Supervisor:	Assistant Director
Location:	ES Community Center	Date Closing	Open until filled
Level/Salary Range:	C Starting at \$15.45/hour	Position Type:	Part-time/Seasonal

Do you believe in pushing limits, breaking personal records, and making athletes feel like they can run faster than a cheetah on Red Bull? We're looking for a FEAT Performance Coach who can turn athletes into elite performers, one sweat-drenched, high-five-filled session at a time. If you love designing high-energy training programs, lifting spirits, and transforming athletes into the best versions of themselves (while making it fun), this is the gig for you!

Responsibilities:

- **Design Epic Training Programs:** Create sport-specific workouts that'll make athletes feel like they're preparing for the Olympics (or at least a viral highlight reel). Think speed, power, strength, agility – you know, the usual superhuman stuff.
- **Stay Ahead of the Game:** Research new techniques, trends, and recovery methods to stay at the top of your coaching game.
- **Sharpen Athletic Minds and Bodies:** Push athletes past their comfort zones—mentally and physically. Build not only their muscles but also their mental toughness, preparing them to perform under pressure and tackle adversity head-on.
- **Track and Celebrate Progress:** Keep a close eye on performance, measuring progress through assessments and feedback. When an athlete hits a milestone, you'll be there, celebrating with them as if it were your own personal victory.
- **Perfect Technique, Prevent Injury:** Provide precise instruction on form, posture, and technique so that athletes can push their limits safely. Be the coach who turns their weaknesses into strengths, all while minimizing the risk of injury.
- **Supercharge Athlete Motivation:** Use your powers of positivity to make every athlete feel like they can run through walls (or at least sprint through drills without tripping). Your pep talks should be so inspiring they'll want to give you a standing ovation after every session.
- **Adapt and Innovate:** No two athletes are the same. Create personalized training plans that cater to individual strengths and weaknesses, helping each athlete reach their full potential in their specific sport.
- **Inspire Champions:** You'll help athletes go beyond their physical abilities—creating a mindset of determination, discipline, and mental resilience. They'll leave every session feeling stronger, faster, and ready for whatever challenge lies ahead.
- And any other awesome tasks that come your way!



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Qualifications:

- A four-year college degree in a health and/or fitness related field (or working towards one) and/or equivalent experience in a related field, because we love credentials.
- Must possess an officially recognized, nationally approved Fitness Superpower Certification - or working towards one. (ACE, ACSM, NASM, NSCA, CI-CPT, ISSA, AFAA, NETA).
- Gotta be a certified lifesaver, no excuses – CPR/AED. (Can also be received as on the job training.)
- Previous experience in sports performance and working with youth, high-school, collegiate and/or professional athletes.
- You'll need a rock-solid understanding of fitness fundamentals and safety protocols - because getting stronger shouldn't come with the risk of getting hurt.
- A good sense of humor (important for getting through those “why did I sign up for this?” moments).
- The ability to recognize when someone needs a motivational pep talk or just a cold drink of water.
- Must be comfortable with being the person who gets blamed for sore muscles and be proud of it!
- A genuine love for fitness and a dislike for the words “I can't.”
- A knack for turning exhaustion into motivation and still making it fun.
- Ability to know the difference between a lunge and falling over.
- Must be okay with being the reason someone's muscles hurt for days.
- A positive attitude, and the ability to smile through clients' moans of exhaustion.
- A love for encouraging others to discover their inner superhero.

Bonus Points:

- If you can whistle, high-five, and jog backward while giving instructions all at once.
- Knowledge of agility drills so extensive that you can come up with new exercises in your sleep.
- You've mastered the art of balancing fun and focus by giving feedback in a way that motivates.
- You can design drills and playlists that keeps everyone hyped up.

Perks:

- The chance to make athletes feel like superheroes (cape not included, but highly encouraged).
- A gym full of high-fives, fist bumps, and victory dances after every session.
- Access to the latest fitness trends, tools, and gadgets to help athletes train like professionals.
- A fun, high-energy work environment where every day feels like a championship game.

Ready to turn athletes into their best selves, one high-intensity, adrenaline-pumping session at a time? If you're ready to lead, inspire, and train with the best, then grab your whistle (and your sense of humor) and join us on this journey. Let's go make some champions!