



JUNIOR COACH

OVERVIEW:

Since its start in 2006, Frost Mountain Nordic Ski Club has been dedicated to creating a healthier, more active, outdoor lifestyle for Central Vermont through Nordic skiing. Our goal is to foster the healthy, active outdoor culture of Vermont by offering a variety of programs and hosting premier events, emphasizing accessibility, sustainability and quality.

JOB DESCRIPTION:

The Junior Coach works in partnership with the Bobcats Coach and BKL Coaches to develop programs that help the Club achieve the aforementioned goal. Primary responsibilities include (1) development, oversight and coordination of FMN Junior programming and (2) coaching of FMN athletes. Secondary responsibilities include helping the FMN board with organizing events, clinics and camps, serving as FMN ambassador in communicating and coordinating with other clubs on race calendars and promoting FMN events, coordinating team orders (apparel, gear and wax), and participation in FMN board meetings.

The position is part-time with an hourly wage based on experience, the outlined responsibilities, and a coaching season from early November to mid-March.

Additional compensation can be generated on an ad hoc basis if desired, by developing additional revenue streams through added programs, camps or clinics.

QUALIFICATIONS AND CERTIFICATIONS:

- US Ski & Snowboard L100 coach certification (including SafeSport Certification), or plans to complete.
- American Red Cross or similar First Aid and CPR / AED certifications.
- Strong background and familiarity with cross-country skiing and a fitness level that will allow training with the skiers as needed.
- Experience creating and adapting training plans to athlete needs.
- Demonstrated ability to create a positive, athlete-centered, team experience, and to unite community members around the shared mission of FMN.

- Demonstrated leadership skills and the ability to lead and motivate athletes, coaches, and volunteers.
- Exceptional planning, organizational, and communication skills.
- Ability to manage race day preparations, planning and coordination for all racers
- Ability to liaise with event organizers, Rikert staff, club volunteers, and parents.
- Experience assisting in race-day wax service in a team environment. Knowledge of wax selection is preferred, eagerness to learn about waxing is required.

RESPONSIBILITIES:

- Development of a season long training and race plan for FMN Junior athletes
- Run 3 practices a week, approximately 2 hours per session (not to exceed 7 hours per week).
- Keep athletes, coaches, the board, non-coach volunteers, parents, and the local ski community informed with regular, timely verbal and written communications.
- Coordinate grooming and facilities needs with Rikert staff.
- Plan, with support from club volunteers, out-of-town competitions and camps, including transportation, accommodation, wax, equipment, and race entries (approximately 4 - 6 race weekends per season).
- Plan, with support from other coaches and club volunteers, attendance at the yearly BKL Festival, including transportation, accommodation, wax, equipment, and race entries. (If the club is hosting the Festival, different responsibilities will be required.)
- Educate athletes on general training principles with age-appropriate perspective.
- Offer meaningful and constructive feedback on training, fitness, technique, race prep, and performance.
- Foster individual accountability tied to team goals.
- Additional responsibilities as needed.

HOW TO APPLY

Please send a resume, cover letter, and letter of reference to Erik Remsen, erikremsen@gmail.com. The position is open until filled.