



## Upower Coach: Full-Time

<b>Position Title:</b>	Upower Coach
<b>Position Type:</b>	Full-time (29-40/hrs per week)
<b>Start Date:</b>	October 2022
<b>Wage:</b>	\$50,000 annual salary
<b>Reports to:</b>	Program Director
<b>Location:</b>	King County, WA

### ORGANIZATION DESCRIPTION

Upower, a Seattle-based nonprofit that provides fitness and wellness education to underserved teens, is seeking qualified coaches to join our team. Our coaches take a trauma-sensitive approach to coaching by creating a safe space for teens to learn how to regulate their emotions through sport and play. Upower opens doors to active and healthy living for underserved youth who have few, if any, opportunities to play team sports, work out, learn about nutrition, or enjoy the physical and emotional benefits of regular exercise. Upower coaches build trusting relationships with youth by demonstrating value for each individual. In this environment, youth feel good about taking safe risks, learning a new skill, or having fun!

### APPLICATION MATERIALS

- Resume and Cover Letter addressing any related education and experiences working with underserved communities and/or youth, athletics, and coaching.
- Email application materials to [marisa@u-power.org](mailto:marisa@u-power.org)

### POSITION SUMMARY

Upower Coaches create a safe and fun environment where youth of all backgrounds can experience the positive benefits of movement and play. Coaches will work collaboratively to create an engaging and physically active class that “meets youth where they’re at”. Coaches will be responsible for planning, leading, and engaging with each class based on the unique needs of each Upower site. Upower partners with Schools, Youth Shelters, Juvenile Detention Centers, and other Community Organizations all over King County to provide our unique programming to youth who may not otherwise have access to structured movement and play.

### ESSENTIAL DUTIES & RESPONSIBILITIES

- Create a positive, high energy, and safe environment for all students.
- Seize teachable moments to talk with players about respect, integrity, self-confidence...etc.
- Reward effort, not just good outcomes. Recognize players even for “unsuccessful” effort.
- Use encouragement and positive reinforcement as your primary method of motivating.
- Communicate effectively with Upower coaches and volunteers to run safe and organized classes.
- Act as a role model, gaining the respect and trust of the youth and community served.
- Communicate with non-Upower personnel to maintain positive relationships with partner sites.
- Complete/participate in trainings and special initiatives as needed.

### CONTACT

For further information contact Marisa at [marisa@u-power.org](mailto:marisa@u-power.org) or visit our website at [www.u-power.org](http://www.u-power.org).



- Coach a minimum of 29hrs per week (schedule and locations TBD).
- Assist in keeping and maintaining accurate attendance for each class.
- Assist the Program Director in the development and implementation of new programs such as mental skills & wellness curriculum.
- Attend all coach/staff meetings or site briefings when scheduled.
- Be available and open to coach at any Upower site when needed.
- Perform other duties as assigned.

**REQUIRED QUALIFICATIONS** - Standards necessary to be considered for this position.

- Must be a U.S. citizen, U.S. national, or legal permanent resident of the United States.
- Must be able to pass all necessary National, State, and County background checks.
- Must have, or be working toward, a High School diploma, GED or its equivalent.
- Must be at least 21 years of age.
- Must be able to provide own reliable transportation.
- A passion for working with underserved teens.
- Ability to be flexible and adapt to the needs of each class.
- Culturally competent with strong communication skills grounded in diversity and cognizant of the fluid intersectionality of underserved communities.

**PREFERRED QUALIFICATIONS** - Knowledge, Skills, and Abilities that may be representative, but not all-inclusive, of those commonly associated with this position.

- Experience in fitness, athletics, and/or coaching.
- Experience in psychology or working directly with youth.
- Fluent in Spanish or other languages highly preferred.

**COMPENSATION & BENEFITS**

- Annual starting salary of \$50,000
- Guaranteed hours and pay during employment
- Employee Selected Health Benefits
- Mileage Reimbursement
- Annual professional development
- Ability to work remotely occasionally

**UPOWER'S DIVERSITY, EQUITY & INCLUSION STATEMENT**

Diversity is a core value at Upower. We are passionate about building and sustaining an inclusive and equitable working and learning environment for all students, staff, and volunteers. People of color, women, and people from under-represented communities are strongly encouraged to apply. We are an equal opportunity employer.

**CONTACT**

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