



## **Girls Team Gymnastics Coach**

### **Position Overview**

We are seeking a dedicated and experienced Girls Team Gymnastics Coach to train and develop athletes in a competitive program. This role focuses on skill progression, routine development, and preparing gymnasts for competitions while fostering discipline, confidence, and teamwork.

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### **Key Responsibilities**

- Coach competitive team gymnasts (levels Xcel and/or USAG levels, depending on program)
  - Develop and implement structured training plans for all events (floor, beam, bars, vault)
  - Teach proper technique, strength training, and skill progressions
  - Choreograph routines and prepare athletes for competitions
  - Provide consistent, constructive feedback to athletes
  - Ensure athlete safety through proper spotting and equipment use
  - Track athlete progress and set individual/team goals
  - Communicate effectively with parents regarding progress and expectations
  - Attend and coach at competitions, meets, and team events
  - Collaborate with other coaches and staff to support program growth
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### **Qualifications**

- Prior experience coaching competitive gymnastics required
  - Strong knowledge of gymnastics techniques, progressions, and routines
  - Understanding of competitive rules and scoring (USAG)
  - Excellent leadership, communication, and organizational skills
  - Ability to motivate and manage athletes of varying skill levels
  - CPR/First Aid certification (or willingness to obtain)
  - SafeSport Certification
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### **Preferred Qualifications**

- Former competitive gymnast
  - Experience with choreography and routine composition
  - Familiarity with strength and conditioning programs for gymnasts
  - Background in judging or meet preparation
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## **Work Schedule**

- Part-time or full-time depending on program needs
  - Evening and weekend availability required
  - Travel required for competitions
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## **Physical Requirements**

- Ability to demonstrate and spot advanced gymnastics skills
  - Stand, move, and coach for extended periods
  - Lift and assist athletes safely
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## **Why Join Us?**

- Competitive, team-focused environment
  - Opportunity to shape athlete success and growth
  - Supportive coaching staff and leadership
  - Professional development opportunities
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For more information regarding employment at Texas Dreams Gymnastics, please email us at [Info@TexasDreams.com](mailto:Info@TexasDreams.com). Please complete the online form on our Career page and attach your resume.