



BOXIVATION COACH/INSTRUCTOR JOB DESCRIPTION

Shaping a generation of young leaders driven to create a happy future for themselves

Boxivation motivates and empowers children and young people to take ownership of their fitness journey, with hopes of building confidence and endurance through boxing fitness circuits. Circuits include pad work, boxing drills, cardio and agility training, and can be considered for all. Young people need to be energised, disciplined to maintain a level of fitness for a healthier lifestyle. We start as we mean to go on by using our personality, professional boxing skills and varied experience in educational and care settings to build rapport and relationships with students.

Job title: Boxing coach/Instructor

Responsible to: the Director/Service manager

As a Boxivation coach/instructor, your areas of responsibility will include:

- Working in conjunction with the Director/Service Manager to design and deliver non-contact style boxing sessions to children and young people aged 5-18.
- Assisting in monitoring fitness activities during training; explaining techniques and assisting with skills improvement.
- Acting as a mentor, positive role model and ambassador who promotes a positive and safe environment conducive for building safe attachments with children and young people
- Being flexible as an ambassador for AMBIT Youth, as well as the schools and care provisions you work alongside
- Monitoring participation during boxing sessions and providing daily feedback
- Enforcing rules, regulations, and safety precautions at boxing facilities inclusive of maintaining discipline, monitoring behaviour in line with the school/care provision's behaviour system and using positive reinforcement to resolve issues
- Working inclusively and without prejudice in all sessions, additionally ensuring you are aware of the needs of the children and young people you are working alongside

Your role will also be to:

- Design and deliver 25-40 minutes boxing sessions over an agreed period to children and young people in educational and care settings. Groups can range from 1-30 students, dependant on sessional delivery requirements of the school or care provision.
- Apply the AMBIT Youth Pillars: **ASPIRATIONAL, MOTIVATED, BRAVE, INSPIRATIONAL, THOUGHTFUL** to your working practice, using the concept of positive reinforcement in your coaching delivery.



ESSENTIAL REQUIREMENTS:

- You must have a qualification/certificate from an approved provider for the following:
 - Boxing Instructor
 - Level 1 Boxing Coach
 - Level 2 Boxing Coach
 - Level 2/3 Personal Trainer with boxing experience
- Proven experience of delivering boxing sessions to individuals or groups, through a gym facility or on a self-employed basis.
- Experience working with children and young people in various settings, with a preference for experience of work with young people with Special Educational Needs in schools, care provisions or gym facilities.
- Experience in supervising and controlling fitness activities and participants, teaching boxing techniques and circuits alongside monitoring and being aware of school behaviour rules and safety standards
- DBS on the update service.

DESIRABLE REQUIREMENTS:

- If you do not have a DBS, one can be processed for you at a cost of £57. Due to the nature of work, disclosure exemptions apply.
- First aid certificate.

Working hours:

Monday - Friday between the school hours of 8:30am – 4:30pm. Afterschool clubs will may between 3:00pm - 5:00pm. Staff sessions may run from 4:00pm – 5:00pm.

Sessions will be a maximum of 1 hour each and may be at different locations within the school day , structured around your availability and travel route. This will be discussed prior to scheduling your work timetable.

TERM-TIME ONLY

Pay:

£20 - £30 per hour. You will be self-employed on a Zero-Hours Contract and offered work as when it is available. There are long-term positions available dependant on school or care provision requirements.

Closing date: Ongoing

Please email liz@ambityouth.com if you have any questions