



Team Fitness Coach Program

Vision: To build a sustainable foundation of healthy lifestyle behaviors, nutrition and fitness on SOCO teams to assist in changing health behaviors and attitudes of athletes.

Goal: Identify, train, and assign a Team Fitness Coach to a coaching staff requesting a Team Fitness Coach in order to encourage healthy lifestyle behaviors, nutrition, and fitness on SOCO teams.

Introduction and training for Team Fitness Coaches will take place 1 month prior to the start of the sport season of the team they will work with. Therefore, trainings will occur 4 times a year.

Note: Team Fitness Coaches only need to attend training once.

Role of a Team Fitness Coach:

1. Act as a liaison between the Fitness and Wellness Manager and the sport coaches.
2. Help facilitate and encourage healthy behaviors by modeling the way.
3. Be flexible and adaptable.
4. Encourage and value your athlete's opinions and preferences.
5. Help keep athletes accountable.
6. Attend initial training then attend weekly practices over the course of a season and facilitate any warm ups, stretches, seasonal challenges and fitness programming.
 - If the team you are assigned to has a Fitness Captain, the Fitness Captain will then lead the warm up and stretching for the team.
 - In the event that a team has a Fitness Captain, then the Team Fitness Coach will encourage the Fitness Captain and assist the Fitness Captain when needed.
 - If the team you are assigned to has a Fitness Captain, the Team Fitness Coach will also serve as a mentor to the Fitness Captain to help them enhance their leadership skills.
7. Provide additional fitness opportunities during practice
8. Assist with formulating an additional practice or get together focusing on fitness. For example: walking/running clubs, stretching, nutrition, sharing healthy recipes. *This is your chance to get to know the team and get creative in starting something they can continue!*
9. Educate your team on WHY healthy attitudes and behaviors are important and necessary.
10. Assist in ensuring that 80% of athletes on your team set personal wellness goals.
11. Insure athletes attend free Healthy Athlete screening when offered at competitions.
12. Be a trusted partner.
13. Assist the other coaches on staff during practice.

Basic Qualifications:

1. Must be 18 years of age or older.
2. Must be an approved Class A Volunteer (background check, protective behavior class online).
3. Commit to attending weekly practices for the sports season of the team you are working with.

If interested, please contact us at socofitnesscaptain@specialolympicsco.org