COACH APPLICATION

Ninja · Parkour · OCR · GritFit

Thanks for your interest in coaching at Grit Club!

Grit Club Athletics is a ninja, parkour and obstacle course racing gym in Colorado Springs for ages 2 to adult. We're always looking for coaches who bring energy, patience and safety first to every class. This application tells us about you, when you can coach, which classes you'd like and the pay you're looking for. Fill it in on your phone or computer (save the PDF when you're done), or print it and take clear photos.

ROLES

- Coach (18+): leads youth classes (Ninja, Parkour, Movers & Minis, Homeschool, Teen Ninja/OCR) and team practices.
- Junior Coach (ages 15–17): coaches alongside an adult coach. Schedules follow Colorado youth-employment hour limits.
- GritFit Coach (18+): adult classes such as Conditioning, HIIT, Strong, Adult Ninja, Women's Ninja and OCR.
- Event staff: birthday parties, Ninja Nights, field trips and School Break Camp (optional shifts).

PAY AND PERKS

- Part-time, hourly W-2 position. Pay range: $16.50 to $25.00 per hour, based on experience, certifications and role.
- Party and event shifts pay 1.25 times your hourly rate, plus tips.
- Earn free Grit Lab (16+) or Grit Clinic training sessions for hours you coach.
- Paid training, paid sick leave and a team that has your back.

IF WE HIRE YOU

Before your first class with athletes you'll complete a background screening (Grit Club pays), current CPR / First Aid / AED (we can help you get certified), Colorado's free mandatory reporter training, CDC HEADS UP concussion training and our new-coach onboarding. We'll send those forms with your offer, so you don't need them now.

HOW TO APPLY

1. Email your completed application and your resume to admin@gritclubathletics.com with "Coach Application" and your name in the subject line.
2. We'll call you to set up a short interview and a skills session on the gym floor.
3. If it's a fit, we'll send an offer letter with your rate and classes, plus our new-coach onboarding packet.

Questions? Email admin@gritclubathletics.com · gritclubathletics.com

Grit Club Athletics is an equal opportunity employer. We do not ask your age, date of birth or graduation dates on this application, except whether you are 18 or older so we can follow Colorado youth-employment rules, and we do not ask your pay history.

COACH APPLICATION

Please fill in every section

CONTACT INFORMATION

Full name: _____ **Preferred name:** _____

Phone: _____ **Email:** _____

City: _____ **Earliest start date:** _____

Are you 18 or older? ☐ Yes ☐ No **If not, are you at least 15?** ☐ Yes ☐ No

Colorado sets work-hour limits for employees under 18, and coaches must be at least 15.

POSITION(S) YOU'RE APPLYING FOR (CHECK ALL THAT APPLY)

- ☐ Coach (18+)
- ☐ Junior Coach (15–17)
- ☐ GritFit Coach (adults)
- ☐ Team coach (Elite / Crew / Flight)
- ☐ Event and party staff
- ☐ Substitute list only

How did you hear about Grit Club? _____

Resume attached? ☐ Yes ☐ No

COACHING AND ATHLETIC EXPERIENCE

Sports you've trained or competed in, where you've coached, ages you've worked with and for how long.

_____

_____

_____

_____

CERTIFICATIONS

CPR / First Aid / AED (provider and expiration): _____

Coaching certifications (UNAA, WNL, parkour, USAOCR, personal trainer, etc.): _____

Other (SafeSport, concussion, lifeguard, first responder, teaching): _____

EDUCATION OR TRAINING RELATED TO COACHING (OPTIONAL)

For example kinesiology, exercise science, education or recreation. Please leave off dates.

_____

_____

WORK HISTORY AND REFERENCES

Include any paid or volunteer work with youth

WORK AND VOLUNTEER HISTORY (MOST RECENT FIRST)

Organization: _____ **Role and dates:** _____

Supervisor and phone: _____ **Reason for leaving:** _____

May we contact this employer? ☐ Yes ☐ No

Organization: _____ **Role and dates:** _____

Supervisor and phone: _____ **Reason for leaving:** _____

May we contact this employer? ☐ Yes ☐ No

Organization: _____ **Role and dates:** _____

Supervisor and phone: _____ **Reason for leaving:** _____

May we contact this employer? ☐ Yes ☐ No

REFERENCES (TWO PEOPLE WHO ARE NOT FAMILY)

Name: _____ **Relationship / how long:** _____

Phone: _____ **Email:** _____

Name: _____ **Relationship / how long:** _____

Phone: _____ **Email:** _____

YOUTH-SERVING HISTORY

Have you ever been dismissed from, or asked to leave, a job or volunteer role working with children?

☐ Yes ☐ No

If yes, please explain: _____

We do not ask about criminal history on this application. If we make you an offer, it depends on a background screening as described in our Coach Background Screening Policy, as Colorado law allows.

CERTIFICATION

☐ I certify that the information in this application is true and complete. I understand Grit Club may contact my references and the employers I've said it may contact, and that false or missing information can lead to an offer being withdrawn or employment ending. I understand this application is not a contract or a promise of employment.

Applicant signature: _____ **Date:** _____

Applicants under 18: please review this application with a parent or guardian. A parent signs the offer letter if we hire you.

YOUR AVAILABILITY

Check every block you could coach on a regular basis

Most classes run weekday afternoons and evenings and Saturday mornings. Sundays and Saturday afternoons are for parties and events. Check every time you could work each week, not just your favorites.

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
Early morning 7–9 AM	☐	☐	☐	☐	☐	☐	☐
Daytime 9 AM–3 PM	☐	☐	☐	☐	☐	☐	☐
After school 3:30–6:30 PM	☐	☐	☐	☐	☐	☐	☐
Evening 6:30–8:30 PM	☐	☐	☐	☐	☐	☐	☐

Sunday and Saturday-afternoon blocks are for party and event shifts.

Hours per week you'd like: minimum _____ **maximum** _____

Other regular commitments (school, other job, team practice): _____

_____

Dates you already know you'll be away (competitions, travel): _____

_____

ALSO INTERESTED IN (OPTIONAL SHIFTS)

- ☐ Birthday parties
- ☐ School Break Camps (weekday days)
- ☐ Competitions and special events
- ☐ Ninja Nights (parents' night out)
- ☐ Field trips and group events
- ☐ Substitute for other coaches

Do you have reliable transportation to the gym? _____

CLASS PREFERENCES

Which classes would you like to coach?

Check the classes you'd like to coach (Want) and the ones you could cover (Could). Class days and times are set when we build the schedule, so just tell us what interests you.

WANT	COULD	CLASS	WHAT IT IS
YOUTH			
☐	☐	**Grit Movers (ages 2–3)**	30-minute class: balance, climbing and moving on kid-sized obstacles.
☐	☐	**Grit Minis (ages 3–5)**	30-minute class building coordination, confidence and listening skills on mini obstacles.
☐	☐	**Ninja 1 (ages 5–12)**	Beginner ninja: swinging, hanging, climbing, safe falling and the warped wall basics.
☐	☐	**Ninja 1 Adaptive (ages 5–8)**	Small Ninja 1 class (up to 5) with extra structure and breaks for kids who need it.
☐	☐	**Ninja 2 (ages 8–16)**	Intermediate ninja: linking obstacles, grip strength, lache and bigger walls.
☐	☐	**Ninja 3 (ages 12–16)**	By invitation. Advanced ninja for strong athletes: competition-style courses and harder skills.
☐	☐	**Parkour 1 (ages 8–13)**	Beginner parkour: vaults, precision jumps, wall runs, rolls and safe landings.
☐	☐	**Parkour 2 (ages 8–16)**	Linking skills into flowing lines, bigger jumps, bar work and creative movement.
☐	☐	**Teen Ninja/OCR (ages 15–17)**	Ninja and obstacle course racing training for teens: speed, grip and endurance.
☐	☐	**Homeschool (ages 5–16)**	Daytime PE class grouped by age and skill, with obstacles, teamwork and goal-setting.
TEAMS (AGES 7+, COACH APPROVAL)			
☐	☐	**Grit Elite**	Competitive ninja team that trains for and travels to league competitions.
☐	☐	**Grit Crew**	Ninja team for athletes ready for more than classes: extra training and in-house events.
☐	☐	**Grit Flight**	Parkour team: freestyle and speed parkour, bigger lines and personal style.
ADULTS (GRITFIT, 18+)			
☐	☐	**GritFit Conditioning**	Full-body strength and cardio circuits with sandbags, kettlebells, ropes and obstacles.
☐	☐	**GritFit HIIT**	Fast-paced, high-intensity intervals mixing cardio and strength.
☐	☐	**GritFit Strong**	Beginner-friendly strength class: squat, hinge, push, pull and carry with good form.
☐	☐	**GritFit Adult Ninja**	Ninja for grown-ups: warped wall, rings, lache and more, scaled to every level.
☐	☐	**GritFit Women's Ninja**	Supportive women-only ninja class, step by step, no experience needed.
☐	☐	**GritFit OCR 1/2 and OCR 3**	Obstacle course race training: grip, carries, rigs, walls and running endurance.
OPEN GYM AND EVENTS			
☐	☐	**Grit Clinic (ages 5–16)**	Coached skill of the week followed by open practice; also used for make-ups.
☐	☐	**Parties, camps and Ninja Nights**	Coach-led games and obstacle fun for birthday parties, School Break Camp and events.

Any class you'd like to start or teach that isn't listed? _____

PAY REQUEST AND A FEW QUESTIONS

Short answers are perfect

REQUESTED PAY

Our coach pay range is $16.50 to $25.00 per hour, based on experience, certifications and role. Please tell us the hourly rate you're looking for. (We don't ask what you were paid before.)

Requested hourly rate: $ _____ **Anything about pay we should know:** _____

TELL US ABOUT YOU

Why do you want to coach at Grit Club?

_____

_____

What's your coaching style? How do you keep a group of kids engaged and safe at the same time?

_____

_____

A nervous 6-year-old won't try the obstacle everyone else is doing. What do you do?

_____

_____

Skills you're confident teaching and spotting (warped wall, lache, salmon ladder, vaults, flips, grip, running, strength, etc.):

_____

_____

Have you led adult fitness classes? If so, which kinds?

_____

Interested in growing into a bigger role (team coach, program lead, head coach, camp lead)?

_____

Languages you speak (helpful for families):

_____

Anything else you'd like us to know?

_____

_____