

## Volunteer Opportunities @ Attleborough Boxing Club

Title : P/T Sports Club Trainers

Term: Ongoing Roles

Shifts Available: - Weekday evenings 6.00pm -9.00pm.

Friday evenings 6.15pm – 8.00pm.

Saturday mornings 10.00am – 12.00pm.

The Role: To work as part of the Clubs' Coaching Team delivering sports training sessions, (a minimum of 2 sessions per week on a rota). Dependant on current experience it could be training members in the Recreational Area: floor exercises, skipping, circuit training, bag and pad work. In the strengthening and Conditioning area, cardio vascular, bench, weights etc. Experienced and Registered Boxing Coaches: all aspects of boxing training through to Sparring.

The Person: People, who are confident, with good leadership skills, positive attitude, excellent team player, honest, reliable and trustworthy. Someone who already is a qualified boxing coach, or someone already involved in sports coaching, such as general fitness instructors, Pilates / Aerobics, someone who has gained a degree or diploma (or working towards one) in sports science or similar, or someone who generally wishes to get involved in community sports coaching. Can supply good references, and be prepared to be DBS processed. Wishing to be a part of a buoyant, forward thinking and well establish community club that continues to grow in popularity and diversity. Own transport required due to rural location.

The club will deliver Continuous Professional Development to "New Sporting Coaches" in house by our current experienced team, or fully funded External Training Courses, Registration etc as necessary to fulfil the role. Full Sporting Uniform provided, track suits, shorts, polo's etc . Travel expenses paid.

In return all ABC volunteers can use the clubs facilities, cardio vascular, strengthening and conditioning, general fitness areas, free of charge.

If you are interested in this role, in the first instance contact the Club Secretary, either email [succeed@attleboroughabc.co.uk](mailto:succeed@attleboroughabc.co.uk) or phone 01953 457329 (evenings only). For more details about Attleborough Boxing Club visit [www.attleboroughboxingclub.co.uk](http://www.attleboroughboxingclub.co.uk)