

# Volunteer Assistant Coach

## About Fierce N Fit

Fierce N Fit Special Needs Charitable Organization is a registered charity based in Kitchener, Ontario dedicated to empowering individuals with disabilities through inclusive boxing, fitness, mentorship, and community programming.

Our organization provides structured, adaptive, non contact boxing programs that promote physical activity, confidence, leadership, teamwork, and social connection in a safe and supportive environment.

At Fierce N Fit, we believe there is a place for everyone.

## Position Summary

Fierce N Fit is seeking enthusiastic, compassionate, and reliable Volunteer Assistant Coaches to support our inclusive boxing and fitness programs for individuals with disabilities.

Volunteer Assistant Coaches work alongside our coaching team to help create a positive, encouraging, and safe environment for all athletes. Volunteers assist with class activities, athlete engagement, skill development, and overall program support.

This is an excellent opportunity for individuals interested in coaching, education, recreation, social services, healthcare, disability support, fitness, or community involvement.

## Responsibilities

Volunteer Assistant Coaches may assist with:

- Supporting athletes during boxing and fitness activities
- Encouraging athlete participation, confidence, and teamwork
- Assisting coaches with drills, exercises, and class setup
- Helping maintain a positive and inclusive environment
- Providing encouragement and individualized support when needed
- Assisting with equipment setup and cleanup
- Communicating respectfully with athletes, families, coaches, and volunteers
- Following all safety procedures and organizational policies
- Supporting athletes with varying communication styles, learning needs, and abilities
- Promoting respect, inclusion, patience, and teamwork within the program

## Qualifications

We are looking for volunteers who are:

- Passionate about inclusion and community involvement
- Positive, patient, supportive, and dependable
- Comfortable working with individuals with disabilities
- Willing to learn and work collaboratively as part of a team
- Strong communicators with a respectful and encouraging attitude
- Able to follow direction and maintain a safe environment

Previous coaching or volunteer experience is considered an asset but is not required.

## Requirements

### Police Vulnerable Sector Check / Youth Screening

All volunteers are required to complete a Police Vulnerable Sector Check or the highest level of police screening available for their age group prior to volunteering with Fierce N Fit.

A volunteer letter can be provided upon request.

Volunteers who attend and assist with a minimum of five Fierce N Fit boxing classes will be reimbursed for the cost of their police screening, up to \$20.

Please provide a copy of your completed screening by bringing it to the gym or emailing it to:

[info@fiercenfitboxing.com](mailto:info@fiercenfitboxing.com)

Waterloo Regional Police Screening Information:

<https://www.wrps.on.ca/en/services-reporting/police-vulnerable-sector-check.aspx>

### Coaching Athletes with a Disability Training

All volunteers are required to review the attached NCCP Introduction to Coaching Athletes with a Disability Reference Manual provided by Fierce N Fit.

This training introduces volunteers to:

- Inclusive coaching practices
- Accessibility and accommodations
- Communication strategies
- Supporting athletes with disabilities
- Creating safe and welcoming environments

Once you have reviewed the manual, please email [info@fiercenfitboxing.com](mailto:info@fiercenfitboxing.com) to confirm completion. Your training will then be documented internally within our volunteer system.

## Benefits of Volunteering

- Gain hands on experience in inclusive and adaptive sport programming
- Make a meaningful impact in the lives of individuals with disabilities
- Develop leadership, coaching, and communication skills
- Earn volunteer hours and professional references
- Learn from an experienced coaching team
- Become part of a supportive and welcoming community
- Opportunities for future leadership and coaching development within Fierce N Fit

## Volunteer Expectations

Volunteers are expected to:

- Arrive on time and communicate attendance when possible
- Maintain professionalism and respect toward all participants
- Follow safety procedures and coaching direction
- Support an inclusive, positive, and athlete centered environment
- Respect confidentiality and athlete privacy
- Represent Fierce N Fit in a positive and professional manner

## How to Apply

To apply, please submit the following:

- Resume (if available)
- Brief introduction outlining your interest in volunteering
- Two personal references including:
  - Name
  - Relationship
  - Phone number

Applications can be submitted to:

[info@fiercenfitboxing.com](mailto:info@fiercenfitboxing.com)

We thank all applicants for their interest in supporting Fierce N Fit and helping create a place where everyone belongs.

#fiercenfitboxing #specialneedsboxing #aplaceforall