



**Position: Cycling Assistant**

**Location: Miami, FL**

**Job Category: Part-Time (Grant Funded)**

**Program Name: Break The Cycle Summer Program**

**Program Dates: Monday, June 27 - Friday, August 5, 2022**

**Contract Amount: \$25/hr**

**ABOUT BREAKING THE CYCLE:**

Because many of its causes are intimately tied with the youth, Break The Cycle, with the assistance of vital community partners, sought out to help mold the future of Miami-Dade County by pioneering a summer program, Break The Cycle: Improving Lives Building Futures, which is centered around a holistic view and approach to the introduction of the sport of cycling to at-risk youth, while providing a framework for vital life skills and mindfulness techniques, with the goal of “breaking” the catastrophic cycles of gun violence, low graduation rates, high unemployment, and teen pregnancy in the Black community.

**Position Summary:**

We are searching for a spirited cyclist assistant to train our students on the application of cycling. The Cycling Assistant will assist with multiple field trainings during the week with students. As a Cycling Assistant, you will be required to have extensive knowledge of the mechanics and application of bike riding along with teaching the knowledge and skills required for the proper use and optimal training. The Cycling Assistant will be required to teach between the ages of 9 and 15, not only how to ride a bike but to compete in cycling races and competitions.

To be successful as a Cycling Assistant, you should be able to motivate all participants, regardless of their level of fitness. An outstanding cycling assistant will promote Break the Cycle's interest by encouraging participants to partake in other cycling activities.

## **RESPONSIBILITIES:**

The specific duties and responsibilities of this position include, but are not limited to the following areas:

### **Cycling Assistant Responsibilities:**

- *Training and Conditioning*
  - Train students on the application of cycling
  - Preparing students with proper training and conditioning
  - Suggesting tailored exercises for individuals with physical limitations or injuries
- *Building Positive Community*
  - Help foster a positive and supportive cycling community
- *Safety & Operations*
  - Supporting the class structure
  - Ensuring that participants use the equipment in a safe and appropriate manner
  - Preserve the quality of supplies and materials. Report to Site Supervisor when supplies are needed or missing.
- *On-going Programmatic Staff Responsibilities*
  - Memorize all emergency procedures and support the enforcement of camp rules
  - Maintain a high level of professionalism with parents, facility personnel, staff, and program partners at all times.
  - Attend onboarding training, morning update meetings, and program orientation
- Performs other duties as assigned.

### **Cycling Assistant Requirements:**

- High school diploma, GED, or equivalent
- Successful completion of a bicycle instructor training program preferred, but not required
- CPR or first aid certification
- Ability to issue clear and succinct verbal directions
- Excellent record-keeping skills
- A knack for conducting lessons that cater to all fitness levels
- Vibrant and personable disposition.
- Ability to motivate and challenge individuals to attain their fitness-related goals
- Be in good physical shape

### **Time Commitment:**

- June 2022 - August 2022
- Days: Tuesday, Wednesday, Thursday
- Time: 1:45 pm - 4:45 pm