



---

## ICW Coach in Residence Overview

---

**ICW's mission** is to reduce gun violence by amplifying the voice and agency of people who have been most impacted by systemic racism and mass incarceration.

We partner with program participants through case management and careers in and beyond personal training. Individuals are elevated as experts in fitness and the social issues they've lived. ICW is a culture and community in which power dynamics are flipped, social capital is bridged, and new leaders emerge in the fight to combat long-standing inequities.

---

### Overview:

As an ICW Coach in Residence, you are a valued part of the ICW training community.

By working with your independent training clients at an ICW gym, you are able to serve your clientele while making (and experiencing) an impact. Rather than paying high fees to train at a big box, for-profit gym, ICW Coaches in residence are able to train their clients by paying only \$25/session to a non-profit organization with a deeply impactful mission.

As a Coach in Residence, you are responsible for:

- Reporting on your training schedule to the Operations team at the end of each month, ensuring 100% accuracy
- Paying monthly invoices in a timely manner (within 30 days)
- Ensuring to uphold all safety precautions exercised by ICW staff, including student & location confidentiality procedures, ensuring independent clients do the same
- Being not only a respectful community member, but bridging relationships with all ICW trainers to earn trust
- Marketing your own personal training services as independent of ICW, with all of the benefits of using the space - this includes maintaining independent training operations, and not taking on any ICW clients as one's own

Note: This is initially a short-term commitment (3-6 months) with the opportunity to extend to long-term.

To apply, send your resume & cover letter to our careers team at [Careers@innercityweightlifting.org](mailto:Careers@innercityweightlifting.org).