

Presidential Physical Fitness Teen Assistant Job Description

This job is responsible for assisting the Presidential Physical Fitness (PPF) Leader with both the administrative and physical aspects of the classes. It is essential that the Teen Assistant be upbeat and encouraging, while gently exhorting the kids to work to improve their fitness level. The responsibilities for this job include:

- Helping the Leader set up for Physical Fitness prior to the start of class
- Recording times and measurements accurately and quickly as needed
- Participating in the fitness exercises as needed to encourage the students
- Cheering for kids during their fitness exercises
- Assisting the Leader in cleaning up after class and prepping for the next class
- Have good sportsmanship outside of their shift as a CHESSIE leader and always be a good role model
- Introduce and lead games after the fitness exercises are completed
- Cooperate and work alongside the adult fitness leader and other teen assistants

*The PPF Teen Assistant acknowledges that they are paid per shift worked. PPF assistants are paid for the first cancellation of the class during a month. If there are further cancellations that month, the PPF assistant is not paid. During a typical month where PPF meets every week, the PPF assistant is paid for the number of weeks that they work.

*PPF assistants are paid at the beginning of the following month. Teen assistants that are paid by check, must deposit their paycheck prior to receiving their next month's pay. A good guideline to follow is to cash checks within 2 weeks of receiving them.

*Teen assistants are responsible for finding their own sub if they have to miss a shift for any reason. If due to sickness and the teen is too ill to find a sub, please contact Mrs. Saucerman, Mrs. Arnold, or Mrs. Miller to help find a sub. Please see the teen sub list on the CHESSIE website.