



## Trainer Expectations

- 3 hours per week—equals 1 class a week and 1 hour per week for devotion preparation, announcement prep, trainer manual prep, and the on going FB trainer communication. “Behind the scenes prep”
- Once a month trainer meeting
- Growing in your relationship with Jesus
- Being disciplined AND discipling other warriors
- Acts of service (selfless tasks keep us humble) ie Cleaning/ caring for the gym
- Fundraising events
- Be coachable
- Represent TF in and out of the gym, we are called to a higher standard of leading by example in obedience with our lifestyle choices ie: sexual immorality, drunkenness.
- Once a year refresh on trainer certification

Should you need to step down as a TF Trainer a 2 week notice is the expectation to be as non disruptive to the ministry.