



## **YOUTH MENTORS**

NSFA will need a certified fitness leader in the same region to act as a mentor for the trained youth. If you or the host organization knows of a willing candidate for this mentor role, please submit that person(s) name as well, otherwise NSFA will recruit from their membership.

### **RESPONSIBILITIES OF THE YOUTH MENTOR**

1. Be available to the youth leader to help them complete a 4 hour, unpaid, practicum and observation (participation in classes and teaching a maximum of a 30 minute class).
2. To give specific and constructive, written feedback on leading a 30 minute practicum class (with forms provided by NSFA).
3. To perform a practical evaluation/visit once every year.
4. Be available through phone, e-mail, and/or in person to counsel the youth leader.
5. Assist the Youth Leader in preparing a 12 week class plan.