

# INSAND INC

INSAND INC (c. 2019) is a performance training company created by 4x Olympian, gold and bronze medalist, Reid Priddy. Reid has spent 28 years of his life with a singular pursuit (*obsession*) - how to push his personal performance boundaries and reach his highest potential as an athlete in both indoor and beach volleyball. For the last 7 years, Reid has been focused on organizing those techniques, processes and tactics he used personally into a program accessible to others. Having benefited from 6 of his 7 “quads” (4 Year cycles) from a team environment, Reid’s vision was to create a team training environment for anyone and everyone ready to push their personal limits and INSAND was born.

INSAND has a distinct *mission* **to empower our members to attain and sustain better personal performance**. No matter what our members love to do, training INSAND will help them do their thing better, for longer!

INSAND uses performance training best practices, group experiences, and popular active sports to attract a community committed to pushing personal boundaries and the status quo.

*What makes INSAND unique from other fitness programs?*

INSAND focuses on performance training best practices - elite training for **elite humans** (*not just the supposed “elite athletes”*). Improving coordination, strength, speed, endurance, a better mindset, developing more power and sport specific movements all with a focus on improving personal performance - that is our game! Most other ‘training’ organizations focus on body shaping or body sculpting...not us, we see those as simply byproducts of a person in training, but they aren't the main focus nor even a focus at all.

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For the INSAND mission to be fulfilled , we are seeking exceptional **PEOPLE** who are driven leaders that find themselves energized when they are helping others reach their full potential.

INSAND is for the person looking for an opportunity...one with competitive compensation, a flexible schedule and potential for high personal growth while contributing to the growth and development of others.

If you are just looking for a job, simply clocking in and trading time for money, there are better options out in the marketplace - INSAND would not be a good fit. However, if you want to make a difference while making a dollar, fill out the form below.

## So who are we looking for? **Lead Coaches**

### **A LEAD COACH is**

- Experienced** (areas of experience include: Volleyball, Movement, Performance, Fitness: Strength Training & Cardio, Competition, Leadership) - You can't give what you don't possess. \*\*This becomes a viable opportunity when the same person is able to coach the FIT class while also teaching a Skills class (*Volleyball Skills now but could/will be other sports in the future*).
- Motivated:** See INSAND as an opportunity and are bringing 100% of themselves in the field and on the job to the mission.
- A **Problem Solver:** Good at identifying problems and takes the initiative (and joy) in solving them.
- Reliable:** Shows up on time, prepared and professional - every time. Is organized and able to consistently execute the job (*ISOPs: INSAND Standard Operating Procedures*) in a timely manner.
- A **Legacy Coach** who is:
  - A **Leader** - Leadership by the INSAND definition is someone who takes on the responsibility for the development of others. This requires the coach to be highly relational and one who can make authentic connections with lots of different types of people and gets energy in being helpful.  
  
Leadership also includes relentlessly taking responsibility over their own personal development - always compelled to continue growing.
  - A **Teacher** - Able to communicate with words the “why” behind the “what”...Can clearly and simply articulate movements, exercises, technique, concepts and drills etc. in ways that lead to understanding and quick adoption by our athletes.
  - A **Trainer** - Can facilitate drills and exercises with fluidity while also being able to, in real time, identify the technical or tactical corrections needed.

- Can create an **atmosphere of empowerment** through:
  - High Support - Positive coaching tone...Able to encourage and inspire by primarily “calling athletes up, not calling them out”.
  - High Challenge - When the moment requires, is able to have the hard talk and push for what's right or needed. Knows when and how to provide the edge to sharpen the athletes further.
  
- Holds **High Character** - “*Actions speak louder than words*”. This person treats people with honor and respect at all times in word and action.
  
- Is **Service oriented** - Fundamentally, this role is about serving. Therefore, this person has a habit of not making it about themselves. Our members are the stars, we are the guides...we work hard to never forget that and falsely position ourselves as the star. We pride ourselves in creating a winning environment for our athletes and when they win - we win!

Sound like you? Fill out this [INTEREST FORM](#)

## So who are we looking for? **Assistant Coaches**

### **An ASSISTANT COACH is someone who is:**

- Reliable:** Shows up on time, prepared and professional - every time. Is organized and able to consistently execute the job (*ISOPs: INSAND Standard Operating Procedures*) in a timely manner.
- A **Committed Learner:** Consistently motivated, even compelled to push their own personal limits and thrives on getting better, learning more and succeeding in all of their pursuits.
- Relational:** Can make authentic connections with lots of different types of people and gets energy in being helpful.
- Service oriented** - Fundamentally, this role is about serving. Therefore, this person has a habit of not making it about themselves. Our members are the stars, we are the guides...we work hard to never forget that and falsely position ourselves as the star. We pride ourselves in creating a winning environment for our athletes and when they win - we win!
- Motivated:** See's INSAND as an opportunity and brings 100% of themselves in the field and on the job to the mission.
- A **Problem Solver:** Good at identifying problems and takes the initiative (and joy) in solving them.
- With **High Character** - "Actions speak louder than words". This person treats people with honor and respect at all times in word and action.

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