**Coach Tanner Gym Class**

by Jess

Hi,  
  
I am Claire and I thought I would share a story about my gym class. One of the benifits of being in year 12, is that you get to choose your subjects. You do have subject like maths and English that you have to select no matter what. But there is subjects like social studies and industrial technology that you can skip out on if you don't like that course.  
  
  
I am not the most confident and outgoing girl out there but I do alright I think. I'm not huge into sports but I do enjoy fitness. Coach Tanner has been a great coach and he is so supportive and involved with his students. Like for me for example, I really appreciate stretches at the end of my class and coach Tanner always makes sure to include them in at the end of every class.  
  
He even goes the extra mile for every student. Rachel sprained her ankle the other week so he always stays behind with her to help her with stretches to improve her recovery time.  
  
I personally struggle with my lower back and it is always helpful to have an extra hand while stretching. He always gets me to lean right and left with my body to loosing my muscles a little bit and then he gets me to touch my toes. The only thing is, is that I always bend my knees and he says that's not good for my back. So he usually puts his hand on my belly and pull up as I bend forward over his hand.  
  
He never touches me without my consent and he is always doing it for my benefit. So I thought what is the harm, it helps my pain go away. When I do swimming though, I wear a one peice and because he doesn't want me to slip, he gets me to lay down and he lifts my legs to my chest. The one suit mostly covers my body, I'm not the one to flash my goods. But after a few stretches, I do get a wedgie and it does get a bit revealing. But Coach Tanner is always good to me. He always pulls them out when ever it gets too high.  
  
I'm more then capable to do it myself but he just does it for me. I do get wedgies in the front too and he always tells me so I can fix it. He is really nice like that, even on a more embarrassing note I remember once during a swimming class my nipples were really hard and it didn't really matter during the swim class cause you can't really stop it from happening but during stretches it was really obvious and he pointed them out and said "hey a cool trick is a little medical tape, it's not aggressive to skin and it will keep them from poking out."  
  
He made sure to be sensitive in the choice of words when he told me. He just kindly told me it was obvious and that it didn't bother him but he wanted me to be comfortable. So he just gave me a little, enough to hold my nipples from poking but not enough to cover them entirely.  
  
After putting them on I came back out and he said they looked great and there was no more drama. I know this all sounds crazy but I know he only has my best interests at heart. Like I don't wanna walk around with my nipples poking out for the boys. It would probably help if I got a new swimsuit too, I might have out grown it a little and that's probably why I always get wedgies on both ends. He never seems care though which is good, it just helps me be comfortable with him.  
  
Like when he helps me do the rest of my stretched he always focuses on the stretching first. Like when I do shoulder stretches he just focuses on my shoulders and when I do my legs he just focused on my legs. It won't actually be until the end of the class that he would say hey you got a wedgie and pulls it out. He just pulls my togs down and that usually gets both wedgies out. If he can see my vagina he just says to fix it up because he doesn't want to touch down there which I really appreciate.  
  
It's only during swimming that it gets revealing, and we only do swimming for 2 months of the year. The rest of the year is just usual sports. There was this one time though, I really had a sore back and it was after soccer, so after class he got me aside to do stretches but I was really struggling. He said he was struggling too to see what is the issue cause he couldn't see my muscles cause I had my sports uniform on. So without hesitation I said I'll just take my shirt off and he asked if I was sure and comfortable with doing that and I was fine. I knew he only wanted to see my back, so took my shirt off. But my sports bra was like mini top so had to take that off too.  
  
But he gave me tape to cover my nipples and I sat on his bench facing away from him anyway and he just looked at my back. He said he thinks my back issues are caused from my poor posture or a bad bed.  
  
He layed me down face down and took my pants off and it didn't bother me. My undies covered me well and I knew he wasn't a perv. He then put pressure in my lower back just on my butt and it gave me so much release. He massaged my back which gave me so much relief. He pulled my undies to the side to see my tail bone and he said I was just sleeping wrong. He could see I have a slight curve to my back. He saw that by looking straight at my tail bone to see if it lines up. He did have his face really close to my butt but I trusted him.  
  
After that, things just went back to normal. We did get a lot closer though. Like now when I get camel toes in swimming class he pulls it out now and even sometimes he does checks to see my back line. I just get naked for him, I know he only looks for my health. My nipples do get hard but it doesn't bother him and if he thinks I need stretching, I'll just stretch on the spot. Yes my asshole is open for him to see but I know he doesn't look. He usually puts has hand between my legs to pull up if I bend my knees now and that covers my asshole.

**Coach Tanner ch 2**

So mid year break came up pretty quick and I was really excited for the holidays! I just wanted to relax and hang out with my friends. On my first day of holidays, I went shopping with my best friend Chelsea. She is a lot more out going then me and I love that about her. She pushes me to try new things and to get out there.  
  
While shopping we walked passed a bikini store. I thought to myself, what a perfect opportunity to get some new togs. That way I wouldn't get wedgies all the time and I was due for something more fashionable anyways. Chelsea showed me these Brazilian styled bikini's and they looked great but way too revealing for me, my butt would be hanging out completely. The whole point of getting new togs was to not get wedgies I told Chelsea.  
  
I couldn't imagine what it would be like to have that much showing. I know coach Tanner sees me nude, but I cover my nipples and I know he never looks at me like that anyway. Chelsea ended up showing me the perfect bikini's and O knew they were the one. That had a padded top so your nipples wouldn't show and for comfort and the bottoms were a bit more respectable then the Brazilian one. I would still have a little cheek out but not enough to bother me.  
  
So I ended up buying them and was so excited to wear them next time I go swimming. Chelsea did say though I needed to get a wax done down stairs because this bikini didn't cover as much as my one piece did. Which made sense but I have never been waxed before. We ended up going to a wax parlour and booked for both of us to go in. I was pooping myself but I knew it was necessary, I don't have a lot of hair down there and it's not really noticeable. But I thought what's the harm, we had to go in one at a time and I was first. The lady guided me to a table and told me to disrobe from waist down. I was a bit slow to get undressed because I wasn't use to letting a stranger see me naked.  
  
But she was a women so that me feel a little more confident. So I took my skirt off as well as my panties and just layed down for her. She wasn't shy at all, she went straight in and spread my legs and rubbed pubes and said "we would usually trim them before waxing but you will be fine" so I just nodded my head and she got right to it. She heated up the wax and started to apply it to my skin. It was pretty warm on my mound but wasn't too hot. But then she ripped it off and I yelped, it was so painful. I barely made it through the first few waxes and it only got worse.  
  
She got me to really spread my legs and she started to wax my vagina lips. She would put one finger in between my vagina lips to prevent wax from getting in there and then just wax. I have never felt so much pain. After doing both sides she gave me cream and rubbed it all through my vagina and mound. The cream felt so good. But then she said she had only one more place to wax. My butt, I had to get on all fours and lift my butt up and she then spread my cheeks and started to put wax down there. She got a little on my asshole and it really stung when she pulled the wax but I survived.  
  
I was as red as a tomato down there but at least I was hair free. She then rubbed my butt with cream and that made it feel amazing. She also rubbed another gel through my vagina and also rubbed my asshole in a circular motion with this gel and told me that gel was for the sensitive areas.  
  
I was so happy I was hair free and I had to try the bikini's on straight away. So we ended up going to the beach that afternoon and decided that we would tan first and go for a swim. When we got to the beach, to my surprise coach tanner was there. I ran up to him and said "hey coach!! What are you doing here?" And it turned out he lived two houses of the beach.  
  
Chelsea also saw people she knew as well just a few class mates. Anyways we did our tanning and we ended up going for a swim, but out of nowhere we both had a crazy burning sensation were we waxed. We both ran out of the water in pain and didn't know what to do. Coach Tanner saw something was up and came down to ask us what's wrong. We told him our privates were Buring and he ended up being us back to his place to further investigate.  
  
We told him we just waxed and he knew straight away that it was the salt that was burning us. So we both jumped into the shower and rinsed ourselves. After the shower we got dressed and he came and gave us some baby oil and told us to rub around the waxed area. Chelsea felt weird rubbing herself in front of him, but I told her how much I trust him. So she was still hesitant but she was fine. When it came to our butts, she would hold the towel up so coach Tanning couldn't see while I rubbed the oil on her.  
  
Coach supervised to help and he told me I should really focus her asshole cause you don't want germs near that area. So I rubbed it for a bit and she said it felt great. When it came to my turn, I held the towel just the same and Chelsea rubbed my butt the same and then my asshole. But my asshole really hurt, so Chelsea had to get a close look at it to see what was wrong. She said that I just had a rash around my asshole. Coach said he should inspect it and Chelsea didn't think it was okay for him to look. So he didn't, Chelsea ended up driving home and Coach said he would take me home.  
  
So she left and I apologized to Coach Tanner for Chelsea doubting him. He said "it was nothing" and I still had pain there so I said "well if you wanna look now you can." He said "hey Chelsea is probably right, I know I see you pretty much nude while stretching but I never look at your privates, where in this situation I am looking directly at your asshole." Which made a lot of sense because this situation is really different, but I was in pain so I just told him to have a look at and not to worry.  
  
So he said only to help me he would look at it. So he sat on his lounge and I stood in front of him and bent over. He had a look at it and confirmed it was just an initiation rash. He said he had some rash cream that will do the trick. He asked me to spread my cheeks while he rubbed the cream. But I couldn't really balance. So he got me on his bed with my legs spread and pulled to my chest. I knew he can see my vagina and all really close now. But I knew he wouldn't look to perv. He then rubbed my asshole to sooth the pain. He said your pussy looks red would you like some baby oil on that. I knew it was an intimate spot but I knew he only wanted the best for me.  
  
So I said yeah sure. He started to rub my vagina and it felt really good. He said that should do it but it felt so good I asked him to do it longer and he said only for your health I will. It was amazing, I don't know what it was but it felt so good. I ended up staying with him for a bit longer, I put my bikini top on to cover my boobs to be respectable but I just left my bottoms off cause it hurt to have anything on. We watched a movie and I sat beside him and I he'd to have my legs spread to breath it out but he never looked. He even game me a tour of his house and I would never usually do this or be so open but I just walked around bottomless.  
  
There was a few times he rubbed my ass but I am sure he was doing that to make sure the cream was rubbed in. I am literally the luckiest girl in the world to have a teacher that is so caring. He did tell me to tell no one that he helped me but I guess it's just cause his humble. On the ride home he rubbed my vagina to massage it and told me if I want he can include massages in my stretches. I was so keen, I got home and my parents thanked him for dropping me and I just put my nighties on and came down to watch TV with the family. My nipples were hard all night for some weird reason and I don't were panties just shorts and my shorts got wet form my vagina.

**Coach Tanner Ch 3**

Well after the break as you could imagine, the coach and I grew a little more closer. I knew it wasn't a sexual experience I experienced with coach, but I must admit. It did feel good to be vulnerable, like i was bottomless beside him and it felt good. But I knew he didn't look.  
  
After sports we still do stretches and we are a little more comfortable with now. Like I lean on him when I need to balance now and he doesn't care. I also now bought tights and a sports top that's like a bra but with a little more coverage for stretches now. I know tights are slightly see through but I know he doesn't look.  
  
I actually visit him now, especially now that I know where he lives. We both actually grew comfortable with each other, like he just wears shorts now and he doesn't seem to care if I'm around to see. He also massages me here and there, like I will be going through his fridge to pinch some sweets or to get a drink and he would just come behind me a massage my shoulders.  
  
Only one time, it was a little awkward. Once I was over and it was straight after school. So I just wore my tights and that sports top and he didn't seem to care. He even gave me a shirt if his and I ended up taking my top off for comfortability. But while he was over, his mate came over. Who happen to be another teacher from my school. His name is Mr Philips and his a teacher's aid. His like 30 ish years old and he seems like a nice guy but because I didn't know him, it felt wierd to be dressed the way I was In front of him.  
  
To make it worse, I was standing next to coach who was sitting down and coach started to massage my butt a little and asked if I still had back pain. I did so I said yes, but then I asked him if this was the right time for a massage and he said "yeah sure! Do you mind if I help her out a little Mr Philips while you guys talk?" And Mr Philips said "Go ahead."  
  
So Mr Philips and I got talking and coach massaged and worked my butt cheeks. But because he was massaging a lot, he kept give me camel toes. So I was a little embarrassed in front of Mr Philips but he didn't seem to mind. He left not too long after all that and I approached Coach and told him that, it wasn't okay to do that in front of other people.  
  
He said what's that matter with it, it's just a massage. But I told him it wasn't a massage you do in front of mates plus you have me a camel toe! He saw I was upset about and came and have me a hug and said sorry. He pulled me to the coach and pulled me onto his lap. He looked straight down and saw my camel toe and said your right that is pretty revealing. He then picked my camel toe out and apologized. I forgave him and gave him a hug, but I didn't realise his face was my boob height. So I smothered him in my breast but he didn't seem to mind.  
  
I didn't mean to put my boobs in his face but I happy he is understanding. He asked if I wanted him to continue his massage and I said yeah sure. So we ended up watching tv while I sat on his lap and got a massage. He then asked if he can use oil and go skin on skin and I thought why not. So took the jumper off and let him massage away. He ended up massaging my whole back and it was amazing!!  
  
We end up doing a movie marathon and I didn't even bother coving up after the massage. We even wrestled a little and it got funny a little bit. I sat on his face and tickled him, he did move a lot and I got another camel toe in process and he tried to use that to to embarrass me to tempt me to get off. So without thinking I just said can you get it out for me and I forgot I had pinned his hands, so for the only way for him to get it out was with his mouth. He tried for a little while and I said it's all good but he was determined. So I ended up running my vagina all through his face and mouth trying to help him get it.  
  
He ended up bitting my tights and pulled down but he tore it all open and my bare vagina was exposed and I sat and laughed but I accidentally put my vagina back in his face. But he enjoyed it, he started to eat me out. I ended up enjoying it too and I finished the night with cumming on his face.  
  
After going home, I ended up realising that I really like him so I made it a tradition to go to his to wrestle nude and we have plenty of fun.