



Position Description: Strength & Conditioning Coach

The following provides a detailed description for the position of Strength & Conditioning Coach. Actual duties performed may vary slightly.

General Position Description

The position of Strength and Conditioning Coach is responsible providing programming and coaching that includes but not limited to motivation, education, and guidance on proper nutrition, conditioning, resistance training, mobility, and recovery to help athletes develop to the best of their ability.

Responsibilities of the Position

- Design and implement strength training and conditioning programs in-season, off-season, and pre-season for all school-sanctioned male and female athletic programs in a manner that reflects research-driven practices and our company's Long-Term Athletic/Fitness Development Model.
- Work in cooperation with the sports medicine or athletic training staff in the rehabilitation and strengthening of injured athletes.
- Facilitate a collaborative relationship among sport coaches, sports medicine, and the strength and conditioning staff.
- Design and implement policies and procedures for the strength and conditioning program in accordance with company standards and guidelines.
- Develop systems for tracking athlete attendance and athlete progress in conjunction with the sport coaches.
- Maintains a personal health and fitness lifestyle consistent with company guidelines. Conduct an annual needs-analysis for each sport team in conjunction with the sport coach and the team's athletic trainer at the conclusion of each sport season.
- Determine and reinforce expectations for athlete conduct that mirror the school's expectations for curricula and extra-curricular activities, as stated in the school's Student Code of Conduct.
- Successfully completes training and educational courses as required.

Required Qualifications

Education

- B.S. in Exercise Science, Kinesiology, or Human Performance required.
- Current standard first aid, cardiopulmonary resuscitation (CPR), and automated external defibrillation (AED) certifications.
- A strong working knowledge and teaching skills in analysis and techniques of strength training.
- Experience and/or expertise in strength and conditioning programming for high school populations.
- Strong motivational abilities.
- Evidence of ability to interact positively with student athletes, colleagues, and the public.
- Evidence of strong organizational skills and effective oral and written communication skills.

Experience

- 2+ years of coaching strength and conditioning at the high school, collegiate, or professional level preferred



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Licenses / Certifications / Registrations

- Must hold at least one of the following certifications:
 - CSCS from the National Strength and Conditioning Association (**NSCA**)
 - SCCC from the Collegiate Strength and Conditioning Coaches Association (**CSCCa**)
 - USA Weightlifting (**USAW**) level 1 or Sports Performance Coach
- Current CPR certification.
- Current AED certification.
- All C.E.U.'s and certifications must be kept current

Additional Skills

- Excellent communication and customer service skills.
- Basic computer skills, Excel and strength software preferred.
- Must be willing to obtain certifications as defined by company policy.
- Excellent communication and customer service skills.
- Experience in designing and implementing fitness regimens.

Assigned Hours

- Must be flexible, early mornings and evenings. Full-time, 30+ hours per week.

NOTE: All duties and requirements stated above are essential functions. This job description in no way implies that these are the only duties to be performed by the staff occupying this position. Staff members may be required to perform other job-related duties by their supervisor.