NOTICE OF VACANCY

Head Coach- Strength and Conditioning

School Features:
- Approximately 1800 students in grades 9-12
- DCHS was given a B rating from Indiana Department of Education (18-19)
- School is located in southwest Marion County (Indianapolis, IN)

Program Features:
- Newly renovated, state of the art 6,375 square foot weight room
- Sixteen adjoining (full) racks complete with Elite-Form technology
- Rubber flooring throughout the room with 12 platforms built into the floor
- Twenty new adjustable benches
- Two new complete Dumb Bell sets with storage racks
- New power clean bars, bumpers and storage racks for bumpers
- Four new sets of kettlebells
- Two new sets of soft plyometric boxes
- Two new Dynamax Medicine ball sets complete with storage racks (4-25 lbs.)
- New multiple pulley, cable machine for training multiple explosive exercises
- Four new glute ham/low back extension machines
- New set of Physio Balls complete with storage rack

Job Expectations:
- Take and communicate any action to upgrade physical, mental, and nutritional underpinnings that are a barrier in competition for every student-athlete at DCHS, to the Director of Health and Wellness and the respective head varsity coach at DCHS
- Coordinate, articulate, communicate, and implement the strength and conditioning program to K-12
- Provide before and after school opportunities for athletic enhancement for high school student-athletes
- Support all DCHS athletic programs by attending games/events
- Provide and communicate nutritional information, to all athletes
- Works in conjunction with Director of Health and Wellness and Director of Food Services to promote nutritional initiatives
- Serves as a valuable member on the district health and wellness committee
- Provide athletic enhancement opportunities for all athletes including, but not limited to: Speed, aerobic endurance, strength, flexibility, reaction time, power, balance, core strength, mental toughness, and leadership
- Encourage assistance and feedback from all head coaches at DCHS
Teach, communicate, and post proper technique for all weight bearing, agility, core, and flexibility exercises to all head coaches and student-athletes

Facilitate a learning environment that is conducive to all sports and gender

Weekly communication with varsity coaches regarding:
✓ Program Schedule
✓ Attendance at before/after school athletic enhancement
✓ Communicate testing schedule to all head coaches
✓ Communicate program goals to all head coaches
✓ Programming to reduce athletic injuries

Create a differentiation in exercises on a regular basis

Keep and display current and accurate data

Use of coefficient, or other like quantitative system, to evaluate athletes based on weight and force produced pre and post test

Communicate and post specific weight that should be lifted daily, to the athletes for all “core” lifts

Communicate testing results to all DCHS head coaches, Athletic Director, and Director of Health and Wellness

Maximize usage of data through Elite-Form and communicate to all head coaches

Create an environment that facilitates 21st Century Skills (Collaboration/Teamwork, Communication, Critical Thinking, Creativity, and Grit)

Perform all other duties assigned

Salary and Benefits:
- $65,000-$85,000
- Eligible for insurance and retirement benefits

Application Instructions:
- Interested candidates should complete online application at: [https://www.decaturproud.org/hr/Job-Postings](https://www.decaturproud.org/hr/Job-Postings)
- Deadline for application: Until Filled

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