

CATHOLIC SCHOOLS OF GREATER KALAMAZOO

JOB DESCRIPTION

School: Hackett Catholic Prep

Job Title: Strength and Conditioning Coach

Position Information

Reports To:	Hackett Catholic Prep Athletic Director
Terms of Employment:	Part-time, year-round
Expected Hours:	12-16 hours per week <ul style="list-style-type: none">• Typically 3-4 hours per day, 3-4 days per week (Monday-Saturday)• Schedule determined in coordination with coaches• Fall, Winter, and Spring seasons, as well as summer workouts

Job Summary

Hackett Catholic Prep is seeking a part-time Strength and Conditioning (S &C) Coach to lead a structured training program for our student-athletes. This role supports individual and team development by coordinating with athletic coaches to deliver sport-specific workouts, build strength in the off-season, and teach safe, effective techniques in the weight room.

The S & C Coach will also guide students in understanding the roles of sleep, nutrition, hydration, and recovery in overall athletic performance and wellness.

Education, Experience, Skills, Qualifications and Abilities

1. A faith-filled individual who supports the mission of Catholic education
2. Bachelor's degree in Exercise Science, Kinesiology, or related field preferred
3. Certified by a nationally recognized organization (e.g., NSCA-CSCS, NASM, USAW)
4. Possess or have the ability to quickly obtain the following certifications:
CPR, AED, and First Aid
5. Prior experience with high school or collegiate-level strength and conditioning
6. Understanding of the following items: the technical aspects of strength training, conditioning, injury prevention, and youth development
7. Excellent communication, motivation, and supervision skills
8. Ability to work flexible hours that may vary seasonally

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Performance Responsibilities

1. Design and lead strength and conditioning sessions (pre-season, in-season, and off-season) for Hackett's athletic teams, with sport-specific plans tailored for each team
2. Coordinate with coaches to align training with each sport's season and performance goals, as well as the needs of all student-athletes
3. Run summer strength/speed/agility camps for middle school and high school aged students
4. Instruct and supervise students in safe and effective lifting techniques
5. Monitor and manage proper use of the weight room and equipment
6. Teach athletes about recovery, sleep, nutrition, and hydration best practices
7. Track athlete progress and adjust programming as needed
8. Work with Hackett's Athletic Trainer to guide injured athletes through rehabilitation programs
9. Encourage a culture of hard work, discipline, and integrity in training environments
10. Serve as a visible and supportive presence for all student-athletes

Additional Duties

1. Coordination with Athletic Coaches

- Regularly communicate with coaches to align training with in-season and off-season needs.
- Provide feedback on athlete development and conditioning levels.
- Serve as a resource for coaches on performance improvement strategies.

2. Student-Athlete Education and Mentorship

- Host workshops or mini-lessons on nutrition, sleep hygiene, hydration, and recovery techniques.
- Encourage character development, goal setting, and leadership through physical discipline.

3. Supervision and Safety

- Actively supervise workouts to ensure student safety and proper technique.
- Maintain accurate records of attendance and program participation.
- Enforce rules of conduct and safety in all training areas.

4. Program Development

- Evaluate and revise programs based on student progress and athletic needs.
- Develop handouts or guides to support student-athlete wellness.

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5. General Expectations

- Display a sincere commitment to Catholic values, Hackett's mission, and student development.
- Represent the school positively in all interactions with students, families, and the broader community.
- Provide game night support at designated home athletic events.
- Perform other duties as assigned by the Principal or Athletic Director.

Equipment/Software Used

Weight room equipment, performance tracking software (e.g., TeamBuildr, Excel), Microsoft Office Suite, Google Workspace, email, scheduling platforms, and video analysis tools.

Physical Requirements and Work Environment

Primarily based in the weight room, gymnasium, and outdoor athletic facilities. Requires physical fitness and the ability to lift/move heavy equipment. Extended periods of standing, demonstrating exercises, and active supervision. Flexible scheduling is required during in-season and off-season sports cycles.

Apply Today

Join a mission-driven school where Catholic values, academic excellence, and athletic development are all part of a student's formation. To apply, please submit your resume and cover letter to:

 **Email:** Brian Kosmerick, Athletic Director bkosmerick@hackettcp.org

Trevor Scoles, Principal tscoles@hackettcp.org