

## JOB DESCRIPTION: Certified Strength and Conditioning Coach

Job Summary: The Strength and Conditioning Coach provides leadership in the area of athletic performance training which includes programming, motivation, organization, progress monitoring and evaluation of student athletes.

### Essential Job Functions:

- Design an overall strength and conditioning program that meets the needs of student athletes.
- Work collaboratively with all head coaches to provide sport-specific training that meets the needs of all participants.
- Consult with the Athletic Trainer to design and implement exercises as needed for the prevention and rehabilitation of injuries.
- Maintain and publish an accurate facility schedule in a manner which is appropriate and equitable for all users.
- Obtain and communicate student strength and conditioning baseline data with students and coaches.
- Keep an accurate record of student attendance during all sessions.
- Be cognizant of health needs that may impact specific participants in the strength and conditioning program.
- Support coaches and athletes in developing strength and conditioning goals along with monitoring progress on a regular basis.
- Gather and analyze data at consistent intervals to adjust programming as needed.
- Utilize appropriate and effective techniques to motivate student athletes when utilizing the facility.
- Develop policies and procedures for weight room behaviors and expectations and provide proper use training to all users of the facility.
- Meet with the Head Coach weekly to discuss progress of the strength and conditioning program.
- Maintain a safe, orderly facility and report any needs for maintenance, repair, or replacement of equipment.
- Attend preseason sports meetings and provide an overview of the strength program.

### Preferred Qualifications:

- A current relevant professional certification credentialed by an independent accreditation agency— for example, the NSCA Certified Strength and Conditioning Specialist® (CSCS®) certification.
- Certified Strength and Conditioning Specialist through National High School Strength Coaches Association (NHSCA) or willingness to obtain.
- Current CPR and AED certifications.

### Hours and Expectations:

- Workday follows the sports season calendars and the needs of specific sport practices. Summer schedule follows summer contact days.