

Facility: Williston San 11th Gate Clin
Location: Williston, ND
Address: 1700 11th St W, Williston, ND 58801, USA
Shift: Varies
Job Schedule: Full time
Weekly Hours: 40.00
Salary Range: \$24.00 - \$38.50

Job Summary

Responsible for a comprehensive program design, implementation and supervision of athletes/clients of various ages and skill levels, specific to organizing, administering and leading a year-round high school program (after school 3-6pm) and supporting the local Sanford Sports Performance facility. Additional responsibilities may include organizing and administering camps, team and academy training such as Sanford Sports Performance Hockey, semi-professional teams and club athletes. Responsible for the care and programming of athletes with complex medical needs. Communicates and builds relationships with high school principals, athletic directors and coaches, athletes and parents. Builds training schedules for school facilities within the framework and constraints of school guidelines. Assists in the promotion of Sanford Sports Performance services and in the development of new programming.

Provide instruction and demonstration of correct Olympic lifting technique, along with other strength, speed development, agility and plyometric exercises while applying them in a periodized framework. Provide instruction and demonstration of appropriate dynamic warm up, mobility and stability exercises based on individualized athlete needs. Thorough understanding of the physiological basis of exercise and the ability to program/instruct according to the National Strength and Conditioning Association (NSCA), American College of Sports Medicine (ACSM) and USA Weightlifting (USAW) guidelines.

Ability to administer and interpret SCORE testing assessment for pre/post evaluation of athletic readiness. Complete SCORE testing report and deliver results to athlete/parents. Incorporate sport timing systems for all large group and team SCORE testing. Work with Sanford Physical Therapy staff to incorporate SCORE pro biomechanical assessment results into individualized athlete performance programming.

Ability to administer and interpret results for submaximal cardiovascular and fitness assessments. Collaborate with appropriate Sanford departments as required; such as but not limited to, Sport Science Institute (SSSI), Sanford Sports Performance Physical Therapy, Athletic Training, Orthopedics and Sports Medicine Physician groups, to gather accurate and reliable athlete testing data for use in research. Assist with collection and computer entry of accurate athlete testing data. Maintain an accessible record of all written and electronic athlete performance programming. Responsible for safety, maintenance and cleanliness of the weight room, equipment and overall facility.

Must possess strong communication and interpersonal skills. A team minded professional who embraces growth and challenges. Ability to work in individual, small group and team settings.

Qualifications

Bachelor's degree from an accredited institution in a field of exercise science, kinesiology, health, physical education, recreation or other closely related discipline is required. Master's degree in one of the identified bachelor's degree areas is preferred.

Minimum of three to five years' experience in the field preferred.

Must possess a thorough understanding of human physiology and be able to test, design, prescribe, and implement sport specific programs accordingly. Must have basic computer skills.

Certification in one of the following areas is required at date of hire: Certified Strength and Conditioning Specialist (CSCS) or certification through Collegiate Strength and Conditioning Coaches Association (CSCCA). Additional USA Weightlifting certification preferred.

CPR/AED certification or Basic Life Support (BLS) certification required within six weeks of employment.

Benefits

Sanford offers an attractive benefits package for qualifying full-time and part-time employees. Depending on eligibility, a variety of benefits include health insurance, dental insurance, vision insurance, life insurance, a 401(k) retirement plan, work/life balance benefits, and a generous time off package to maintain a healthy home-work balance. For more information about Total Rewards, visit <https://sanfordcareers.com/benefits> .

Sanford is an EEO/AA Employer M/F/Disability/Vet. If you are an individual with a disability and would like to request an accommodation for help with your online application, please call 1-877-673-0854 or send an email to talent@sanfordhealth.org .

Sanford has a Drug Free Workplace Policy. An accepted offer will require a drug screen and pre-employment background screening as a condition of employment.