

Position Title: Strength and Conditioning Coach	FLSA: <u>Exempt</u>
Department: <u>Athletics</u>	Work Days: as needed
Reports To: <u>Director of Athletics</u>	Bargaining Unit: <u>Non-bargaining</u>
Immediate Supervisor: <u>Head Coach</u>	Salary: 6% stipend (per season)

POSITION SUMMARY

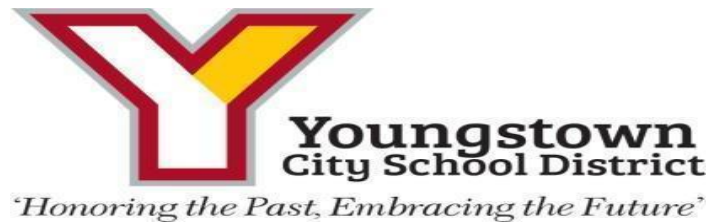
We are seeking a highly motivated and knowledgeable individual to join our team as a Strength and Conditioning Coach. The Strength and Conditioning Coach will be responsible for developing and implementing comprehensive strength and conditioning programs to enhance athletic performance, reduce the risk of injury, and promote overall fitness for our athletes.

KEY RESPONSIBILITIES:

- Design and implement individualized strength and conditioning programs tailored to the specific needs and goals of athletes in various sports.
- Conduct fitness assessments and evaluations to identify strengths, weaknesses, and areas for improvement, using data to inform program design and progression.
- Instruct athletes in proper exercise techniques, equipment usage, and training principles to maximize effectiveness and minimize the risk of injury.
- Supervise and motivate athletes during training sessions, providing guidance, support, and encouragement to help them achieve their performance goals.
- Collaborate with coaching staff and sports medicine professionals to develop integrated training plans that address the unique demands of each sport and position.
- Monitor athlete progress and performance, adjusting training programs as needed to ensure continued improvement and adaptation.
- Educate athletes on topics related to nutrition, hydration, recovery, and injury prevention, promoting healthy habits and lifestyle choices.
- Stay current on developments in strength and conditioning research, techniques, and technology, incorporating evidence-based practices into program design and implementation.

CERTIFICATION/LICENSE:

- HS Diploma or equivalent; associate's or bachelor's degree preferred.
- Active Pupil Activity Permit



QUALIFICATIONS

- Bachelor's degree in exercise science, kinesiology, or a related field; master's degree preferred.
- Certification as a Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association (NSCA) or equivalent certification required.
- Previous experience as a strength and conditioning coach at the collegiate, high school, or professional level preferred.
- Strong knowledge of anatomy, physiology, biomechanics, and exercise physiology, as well as sports-specific training principles and techniques.
- Excellent communication and interpersonal skills, with the ability to motivate and inspire athletes of all levels.
- Ability to work effectively in a team environment, collaborating with coaches, athletic trainers, and other support staff.
- Proficiency in program design software, fitness assessment tools, and data analysis techniques.
- Availability to work flexible hours, including early mornings, evenings, and weekends, to accommodate athlete schedules and training sessions.