



ST. IGNATIUS COLLEGE PREPARATORY

Performance Strength & Conditioning Coach

STATUS: Non-exempt, part time staff member

REPORTS TO: Athletic Director

HOURS: After school hours, approx. 3-6 PM

PAY: Hourly pay - payroll twice/month

MISSION STATEMENT:

St. Ignatius College Preparatory is a Catholic, Jesuit school serving the San Francisco Bay Area since 1855. Through a rigorous and integrated program of academic, spiritual, and co-curricular activities, St. Ignatius challenges its students to lead lives of faith, integrity, and compassion. Students are enriched by a diverse and loving Christian community and are called to become life-long learners who develop their individual talents for the greater glory of God. With a commitment to intellectual excellence, leadership, service, and justice, we strive to be men and women for and with others, responding courageously to the opportunities and challenges of our time.

PRIMARY ROLE:

The St. Ignatius Athletic Department hosts 26 athletic programs with 67 athletic teams at the Frosh, JV, & Varsity levels. Approximately 1000 students participate in athletics. Each team participates in the off-and-in season. The strength coach will communicate with the head coach of the program and design sport specific performance programming. The coach will work with the teams in and out of the weight room to help accomplish their performance goals.

A SUCCESSFUL CANDIDATE IN THIS POSITION WILL BE ABLE TO DEMONSTRATE:

- Desire to work with adolescents and help develop them as leaders.
- Strength and conditioning coach is a physically demanding job. The coach needs to be able to demonstrate the appropriate skills and techniques to be used by the athletes. A coach needs to be able to visually monitor athletes. Sitting, standing, lifting and carrying (up to 50 pounds), reaching, squatting, climbing stairs, kneeling, and moving equipment/boxes up to 50 lbs. are typical physical requirements as well.
- Programming of specific sports related programming, such as olympic lifts, dynamic movements, improving athletic performance, reducing athletic injuries, and teaching lifelong fitness and movement skills.
- Coach devises training plans according to sound scientific principles, supervises training sessions, evaluates athletes, maintains athlete records, and teaches strength and conditioning classes as needed.

HOW TO APPLY:

Interested applicants should submit a cover letter and resume to: Performance Coordinator, Myles Holmes, at mholmes@siprep.org

SI FOSTERS A DIVERSE AND INCLUSIVE COMMUNITY:

St. Ignatius College Preparatory strives to be a just, inclusive, and Catholic, Ignatian community where all students, faculty, staff, parents and alumni feel seen, heard, valued, and loved and experience full acceptance. We are committed to hiring, supporting, and retaining a diverse faculty and staff. We see our determination to offer diversity, equity, inclusion, and belonging not as a destination to be reached, but a continuous, life-long journey together.

Pre-employment background screening is required for all positions. *St. Ignatius College Preparatory is required by law to conduct FBI and DOJ background checks.*