



The  
Frederick  
Gunn  
School

## DEPARTMENT OF ATHLETICS - STRENGTH & CONDITIONING COORDINATOR

[gogunn.org](http://gogunn.org) | Washington, CT

The Frederick Gunn School, founded in 1850, is a co-ed boarding and day school for students in grades 9-12 and a post-graduate year. Mr. Gunn had a deep appreciation for the natural world, believing that in nature, students understand themselves as humans and their place in the world. He took a principled stand against slavery and spurred students (and the town at large) to examine their beliefs. In addition to the habits and skills students will need in college and life beyond, we teach them to follow Mr. Gunn's example: to cultivate wisdom, to be trailblazers, to act with conviction, and to value character as highly as intellect and achievement.

Our continuous focus on moral character development intentionally engages all members of our school in the work of creating an inclusive and equitable living and learning ecosystem. Community and citizenship are at the heart of our aspiration to both social justice and academic excellence, with individual diversity integral to the strength of that community. When we embrace difference and pursue school life with respect, equity, and compassion, we build a foundation for engaged citizens.

In keeping with the tenets of our founder Frederick Gunn, who was himself a prominent abolitionist and progressive educator, The Frederick Gunn School seeks to provide a pluralistic learning environment for all inclusive of (but not limited to): culture, ethnicity, gender identity or expression, national origin, learning differences, physical difference, political affiliation, race, religion, sex, sexual orientation, and socioeconomic differences.

We invite applicants who resonate with our mission and who will foster an environment of cultural and intellectual richness, and an active participant in advancing equity and inclusion.

### **Summary**

The Strength & Conditioning Coach at The Frederick Gunn School is responsible for developing, implementing, coordinating, supervising, and promoting strength and conditioning programs for Frederick Gunn School's Athletic Department and the student-athletes participating in the interscholastic athletics program. Additional responsibilities will include educational support in coordination with wellness activities for the student body at large. The Strength & Conditioning Coordinator reports to the Director of Athletics.

### **Primary Responsibilities:**

- Leading, evaluating, and supervising the daily operations of the strength and conditioning program



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- Facilitate comprehensive movement assessments, supervision, design, and implementation of periodized strength and conditioning programs that reduce injury, enhance performance, ensure safe equipment usage
- Emphasis will be placed on implementation, supervision, and teaching progressions for: resistance training, cardiovascular, speed, plyometric, flexibility, and functional movement
- Maintain accurate electronic records for each team and student-athlete to monitor progress.
- Design and implement comprehensive year-round programming (movement assessments, speed, strength, and conditioning) for the athletic development and enhancement of student-athletes.
- Monitor the condition of equipment and request repairs or replacements as necessary.
- Cooperate with all coaches and administrative staff within the intercollegiate athletics programs to enhance overall departmental operations.
- Monitor and supervise the Emerson Fitness Center; duties could include:
  - Oversight of the Fitness Center
  - Management of the Fitness Center
  - Help members of the community with questions and equipment
- Assist with game day event management and production with relevant athletics, facilities, and operations staff for assigned sports(afternoons, nights, and weekends).

### **Key Skills and Capabilities**

- Unwavering attention to detail. Knowledge of document management and retention best practices.
- Excellent customer service and interpersonal skills displaying a positive and can-do attitude that supports the mission of the team. Ability to be a team player. Professional appearance and demeanor.
- Highly proficient in Google Suite. Able and willing to learn new programs.
- A willingness to help where needed, being flexible to support other departments.
- Strong attention to detail and problem-solving skills with the ability to prioritize and work under time constraints with deadlines.

### **Key Relationships**

- Coordinates with the Director of Athletics in devising the Office's master calendar each academic year (practices, games, and special events).
- Partners with coaches of teams to provide year-round programming for athletic development
- Liaises with the Business Office as needed concerning payments.

### **Qualifications**

- Able to work in all weather conditions.
- Ability to lift 50+ pounds regularly, stand or walk for long periods.
- Works well in a team environment.
- Ability to work well with peers and managers.



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- Ability to work independently and multitask effectively.
- Ability to communicate effectively with a positive attitude.
- CSCS (Certified Strength and Conditioning Specialist), CPSS (Certified Performance and Sport Scientist) or NSCA-CPT (National Strength and Conditioning Association Certified Personal Trainer) certification required

### **Compensation and Benefits**

Reports to the Director of Athletics. Hours fluctuate by season but are approximately 11:00 am -7:00 p.m., Monday through Saturday. Competitive salary. Benefits include, but are not limited to: Medical and Dental and life Insurance, Employer-sponsored retirement plan, vacation and sick time, tuition remission, and meals in the dining hall when school is in session.

### **Core Values**

#### Integrated Humans

Thriving people learn to integrate the intellectual, the physical, the spiritual, and the emotional through an examination of the place of each, discernment about their relative role, and a commitment to balance and flourishing.

#### Hopeful Faculty

We prize faculty who believe resiliently, optimistically and with good humor in the students' and faculty's collective ability to grow and learn; know their discipline and practice, and understand character development. A faculty oriented around these principles will earn the confidence of students and create a place of purpose and fun where faculty and students want to be.

#### Learning Ecosystem

Thriving communities recognize the interdependent nature of their parts. Therefore, The Frederick Gunn School is a school that champions the interdisciplinary and inter-experiential nature of life and learning – one that incorporates the outdoors, athletics, and arts, as well as academics, into everyday life.

#### Moral Character Development

We are a school that nurtures Mr. Gunn's belief in character as the driving force in a life well-lived, and that character emerges through the intentional pursuit—in knowledge and practice—of what is good, right, true, sustainable, and beautiful.

#### Engaged Citizens

The Frederick Gunn School is a school that, despite growing cultural apathy, cynicism, consumerism and distraction, produces people who care deeply – who become wise, engaged, active citizens.