



Briarwood Christian School

Job Description: Strength and Conditioning Coordinator - Male Sports

Overview: The position of Strength and Conditioning Coach (S&CC) encompasses the Upper School student body from grades 7-12.

Reporting Structure: The S&CC will primarily report to the Sports Science Director under the supervision of the Athletics Director.

Position Status: This is a 12 month position. It is both a teaching and coaching position.

Primary Oversight and Responsibilities:

The Strength and Conditioning Coach is responsible for establishing and maintaining a strength and conditioning program for all sports with three major goals being improving athletic performance, reducing athletic injuries, and teaching lifelong fitness and movement skills. The Strength and Conditioning 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. The Strength and Conditioning Coach meets regularly with sport coaches to determine what the athletes need to work on. If working with an injured athlete engaged in rehabilitation, the Strength and Conditioning Coach will consult with the sports medicine or athletic training staff. The Strength and Conditioning Coach is responsible for maintaining the strength and conditioning facility and for establishing policies, plans, and procedures for the safe and professional operation of the facility.

ESSENTIAL DUTIES AND RESPONSIBILITIES

1. Design and implement strength training and conditioning programs in-season, off-season, and pre-season for all school-sanctioned male athletic programs in a manner that reflects research driven practices.
2. Design and instruct curricular strength and conditioning classes, as needed.
3. Work in cooperation with the sports medicine or athletic training staff in the rehabilitation and strengthening of injured athletes.
4. Facilitate a collaborative relationship among sport coaches, sports medicine, and the strength and conditioning staff.

5. Design and implement policies and procedures for the strength and conditioning program in accordance with the [NSCA Strength and Conditioning Professional Standards and Guidelines](#).
6. Develop systems for tracking athlete attendance and athlete progress in conjunction with the sport coaches.
7. Conduct an annual needs analysis for each sport team in conjunction with the sport coach and the team's athletic trainer at the conclusion of each sport season.
8. Conduct and review a departmental risk management plan annually.
9. Determine and reinforce expectations for athlete conduct that mirror the school's expectations for curricula and extra-curricular activities, as stated in the school's Student Handbook.
10. Hold to a Biblically informed philosophy of Christian education
11. Have a deep understanding of and desire to live out Briarwood's mission and vision for the glory of God.

QUALIFICATIONS

1. Authentic and growing relationship with Jesus Christ
2. Agreement with the school's Statement of Faith and a lifestyle consistent with the school's Declaration of Moral Integrity (available on school website).
3. Have strong motivation skills to use the position as an opportunity for discipleship and evangelism
4. BS in Kinesiology or related field.
5. A current relevant professional certification credentialed by an independent accreditation agency—for example, the NSCA Certified Strength and Conditioning Specialist® (CSCS®) certification.
6. Current standard first aid, cardiopulmonary resuscitation (CPR), and automated external defibrillation (AED) certifications.
7. A strong working knowledge and teaching skills in analysis and techniques of strength training.
8. Experience and/or expertise in strength and conditioning programming for high school populations.
9. Strong motivational abilities.
10. Evidence of ability to interact positively with student athletes, colleagues, and the public.
11. Evidence of strong organizational skills and effective oral and written communication skills.

PHYSICAL REQUIREMENTS

Ability to demonstrate the appropriate skills and techniques to be used by the athletes. Ability to visually monitor athletes. Sitting, standing, lifting and carrying weights, reaching, squatting, climbing stairs, kneeling, and moving equipment/boxes up to 50 lbs.

SAFETY AND HEALTH REQUIREMENTS

1. Current standard first aid, cardiopulmonary resuscitation (CPR), and automated external defibrillation (AED) certifications.
2. Knowledge of universal hygiene precautions.
3. Knowledge of current NSCA Strength and Conditioning Professional Standards and Guidelines.

EQUIPMENT/MATERIALS HANDLED

Must know how to operate strength training equipment, automated external defibrillator (AED), and sports aid equipment.

WORK ENVIRONMENT

Job responsibilities require both inside and outside assignments. Interruptions of work are routine. Flexibility and patience are required. Must be self motivated and able to complete job assignments without direct supervision. Evenings and weekend work will be expected.

Briarwood Christian High School in Birmingham, AL is looking for a Strength and Conditioning Coach for Male Sports. This is a 12 month, full time position that includes classroom instruction and after school and summer programs.

The detailed job description can be found here:

https://docs.google.com/document/d/1fzDG7jTsiM222dWzvQtosY7E6SiN_ylGalS39xmbkNo/edit?usp=sharing

If you are interested in this position, please email Jay Mathews, Director of Athletics at jmathews@bcsk12.org. We will keep all candidates and applicants confidential until the final phase of the hiring process.

Feel free to visit us on the web:

Website: <https://www.briarwoodchristianschool.org/>

Facebook: <https://www.facebook.com/BriarwoodAthletics/>

Instagram: [bcs_lions](#)

Twitter: [@BCS_Lions](#)