



# ST. JOHN'S PREP

## Part-Time Strength and Conditioning Coach

### About St. John's Prep

St. John's Prep is an inclusive, Catholic, Xaverian Brothers Sponsored School for young men in grades 6 through 12. Founded on the Xaverian values of compassion, humility, simplicity, trust, and zeal, we educate students to be, do and stand for good in the world. We enroll approximately 1,500 students from more than 90 communities in Massachusetts, New Hampshire, and Maine.

St. John's Prep seeks a part-time strength and conditioning coach from Monday, June 26 to Thursday, August 17. The working hours are from 6 to 10:30 am, Monday through Thursday.

### Position Overview and Responsibilities

- Assist in the development of a training system to be implemented for all members of the Prep community (students, faculty, staff, parents, and alumni).
- Implement training programs for teams, groups, and individuals.
- Provide education on nutritional programming for all training participants.
- Support general upkeep of the fitness center.
- Help prepare fitness center for daily lifts and assist in resetting the space following workouts.

### Skills and Competencies

- Be an active, engaged, and supportive coach.
- A strong working knowledge and teaching skills in analysis and techniques of strength training.
- Experience and/or expertise in strength and conditioning programming for high school populations.
- Strong motivational abilities.
- Evidence of ability to interact positively with student athletes, colleagues, and the public.
- Commitment to being a positive influence, a self-starter, a good teammate, and a life-long learner.

## **Education and Experience**

- BS in Kinesiology or related field.
- A current relevant professional certification credentialed by an independent accreditation agency.
- Current standard first aid, cardiopulmonary resuscitation (CPR), and automated external defibrillation (AED) certifications.

St. John's Prep is committed to building a diverse and inclusive campus community. We welcome applications from underrepresented groups. We seek applicants who demonstrate a commitment to multiculturalism and diversity that is manifested in classroom practice, student engagement, interpersonal communication, and curricular decisions. For more information about our academic, spiritual and student life programs, please visit [www.stjohnsprep.org](http://www.stjohnsprep.org).

Interested candidates are asked to send a cover letter and résumé to Tracii Schaeublin, Assistant Head of School for Human Resources, at [tschaeublin@stjohnsprep.org](mailto:tschaeublin@stjohnsprep.org). Please, no phone calls.

*Posted April 2023*