

WARREN HILLS REGIONAL PUBLIC SCHOOLS JOB DESCRIPTION

TITLE: Strength/Conditioning Coach

REPORTS TO: Director of Athletics and Student Activities

The Strength/Conditioning Coach is supervised by the Athletic Director with input from athletic coaches and the athletic trainers.

JOB GOAL:

The Strength and Conditioning Coach is responsible for the development and management of individual and group strength training programs for student-athletes participating in the interscholastic athletic programs as well as students who wish to improve their general fitness abilities.

QUALIFICATIONS:

1. A Bachelor's degree is required, preferably with an emphasis in Exercise Science, Exercise Physiology, preferably coaching experience or Physical Education.
2. At least two years of experience is required in positions involving the development and management of sport-specific individual and group strength training programs for men and women.
3. Experience with development and management of strength training programs at the high school level is preferred.
4. Any experience in management of a health/fitness or weight training facility is preferred. Student-athlete experience, in any sport at the collegiate level, is preferred.
5. Excellent communication skills, supervisory and management skills are required. The ability to develop knowledge of, respect for, and skills to engage with those of other cultures or backgrounds is required.
6. Current CPR/First Aid certifications required and must be maintained throughout the course of employment in this position. Recommended trainings from the Athletic Director or Athletic Trainer.

ESSENTIAL DUTIES AND RESPONSIBILITIES

1. Enables student-athletes to perform to their physical potential in their sport through the development and management of individual and group weight, strength and fitness training programs.
2. Develops programs by evaluating current physical conditioning, having a knowledge of the various sports and associated exercises, tailoring strength programs for specific needs, demonstrating proper performance of exercises, correcting mistakes; manages programs by monitoring progress and providing an assessment of development.
3. Reduces the likelihood of sports-related injuries or the aggravation of such injuries during practice sessions and scheduled contests by being knowledgeable of the injuries sustained in the sport and proper prevention methods.
4. Directing appropriate pre-training session and pre-contest preparations and warm ups, and working with qualified sports medicine personnel or athletic trainers during all training sessions.
5. Contributes to a work environment that encourages knowledge of, respect for, and development of skills to engage with those of other cultures or backgrounds.

6. Contributes to the overall success of the Warren Hills School District interscholastic athletics program by performing all other duties and responsibilities as assigned.

TIME REQUIREMENT:

Seasonal Assignments: Fall, Winter, Spring, (7 hours a week)
Summer Session Hourly 25 hours a week

Adopted: June 6, 2017