

CUMBERLAND REGIONAL SCHOOL DISTRICT
SEABROOK, NEW JERSEY 08302

JOB DESCRIPTION

POSITION TITLE: WEIGHT TRAINER

JOB GOAL: To provide an organized strength and conditioning program for students.

REPORTS TO: Supervisor of Athletics

QUALIFICATIONS: Should possess teaching certificate or substitute certificate and have necessary background and experience to plan, organize, and implement a comprehensive weight training program.

TERMS OF EMPLOYMENT: Salary and work period to be established by the Board in accordance with the CRSD/CREA agreement.

EVALUATION: Evaluation will be conducted by the Supervisor of Athletics in accordance with performance responsibilities.

This position is not applicable for tenure, persons filling such positions may be removed or replaced at the discretion of the Board of Education upon recommendation by the Superintendent/Principal.

**PERFORMANCE
RESPONSIBILITIES:**

- Implements strength and conditioning program for athletes/students.
- Orients and instructs athletes/students in muscular strength and endurance training, flexibility, and safe use of all fitness equipment.
- Provides fitness counseling for athletes/students and modifies fitness program when necessary.
- Explains and enforces weight room rules and regulations.
- Maintains area and equipment in clean and orderly condition and reports any problems to the athletic office.
- Supervises the athletes/students until they board the athletic bus home or are safely picked up by their parent/guardian.
- Performs related duties as required or assigned.

Adopted by the
Cumberland Regional Board of Education

Dated: May 13, 1999