

**Position:** Strength and Conditioning Specialist

**Position Description:** The Strength and Conditioning Specialist is a full-time, year-round position responsible for the design, development, implementation, monitoring and assessment of the comprehensive sports performance programming for all athletic teams. This position is responsible for the maintenance and growth of the sports performance facility, providing leadership, supervision and the establishment of policies and procedures for safe operations of the facility.

We are a private Catholic school in the heart of east Akron rooted in the Holy Cross tradition. Our Holy Cross values are essential to our identity and philosophy of educating the hearts as well as the minds of our students. We celebrate our diversity, value each person and welcome one another with the hospitality of Christ. Our Holy Cross educators nurture student achievement and growth through collaborative planning and execution of curricula and encourage an expectation of lifelong learning.

**Position Responsibilities:**

- Design and implement comprehensive sports performance training and programming for pre-season, in-season and off-season for all school-sanctioned athletic programs.
- Responsible for educating student athletes on proper training techniques related to all aspects of the sports performance program.
- Work in collaboration with athletic trainers, team doctors and other medical professionals to ensure peak performance within the confines of student-athlete safety.
- Facilitate a collaborative relationship among coaches, athletes, parents and/or guardians while understanding the unique needs of all student-athletes.
- Collaborate with all head coaches to provide sport-specific training that meets the needs of all participants.
- Support coaches and student athletes in developing sports performance goals along with monitoring progress on a regular basis.
- Maintain a safe, clean, orderly facility and lead in the process of maintenance, repair or replacement of equipment.
- Utilize appropriate and effective techniques to motivate student athletes when utilizing the facility.
- Enhance the culture and climate of the sports performance facility through thoughtful teaching, relationship building and adherence to high expectations.
- Attend sporting events in support of student athletes and evaluate progress and/or areas of need related to the sports performance program.
- Lead in the development and implementation of fundraising activities to support growth of the sports performance program.
- Complete an annual budgetary proposal for the program that includes routine maintenance and purchase of new equipment.
- Demonstrate expert understanding of strength training equipment, automated external defibrillator (AED) and other sports aid equipment.
- Determine and reinforce expectations for student-athlete conduct that mirrors the school's expectations for curricular and extra-curricular activities.

**Position Qualifications:**

- Bachelor's degree in a related field to Exercise Physiology is required.
- Certified Strength and Conditioning Specialist (CSCS) certification or equally accredited certification is required.
- Experience as a high school, collegiate or professional strength and conditioning coach is required.
- Master's degree in a related field to Exercise Physiology and a National Association of Speed and Explosion (NASE) certification are not required, but highly desired.
- Excellent organizational and communications skills.
- The ideal candidate should possess excellent knowledge of the training techniques necessary to implement a sport specific strength and conditioning program for each individual sport. This knowledge should include performance testing, advanced periodization and/or conjugate principles, free and Olympic weight training techniques, flexibility techniques, integration of applicable recovery strategies, sports nutrition, corrective exercise, conditioning programs and speed/agility programs.

**Benefits:** This position includes a comprehensive benefits package that includes medical, dental, vision, flexible spending account, life insurance, long-term disability, 401k match and additional 5% discretionary contribution, tuition reimbursement, fitness center, Hoban store discounts, paid holidays and year-long spiritual engagement and professional development opportunities.

**We invite qualified candidates to complete our online application and include a letter of interest and resume at [www.hoban.org](http://www.hoban.org) by June 6, 2024.**