

## Job Description

Position Title	Strength and Conditioning Coach		
Building	District	Department	Athletics
Hours	Fall Winter Spring Summer	Supervisor	Activities Director
Band and Grade	NA	Tools and Equipment	Computer, laptop, iPad, applicable software, phone, sports equipment, microphones, stage lights and sound system, and other equipment needed for the sport or activity being coached or advised

Primary Function	Coaches are hired to coach or advise a variety of teams such as football, baseball, basketball, softball, tennis, volleyball, etc. Coaches are responsible for choosing players or team members and training them in order to compete or perform successfully. Coaches are responsible for management of uniforms and equipment.
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Essential Duties	
<b>1</b>	Schedule and facilitate best practice strength and conditioning workouts in cooperation with the head coach of each sport.
<b>2</b>	Schedule Weight Room facility for each sport/off-season program.
<b>3</b>	Set up the schedule and programming of strength and conditioning workouts
<b>4</b>	Provide and facilitate athletes and coaches with guidance for proper strength and conditioning, performance nutrition, and training methods.
<b>5</b>	Provide and facilitate researched up-to-date expertise in the area of strength training and physical conditioning to head coaches and other strength and conditioning coaches.
<b>6</b>	Provide feedback and instruction to athletes related to proper form of all lifts and movements for speed, quickness, agility, and jump training.
<b>7</b>	Maintain the weight room along with all equipment in the weight room
<b>8</b>	Update the Athletic Director on equipment needs and/or upgrades
<b>9</b>	Order equipment and keep track of strength and conditioning budget
<b>10</b>	Fundraiser for program equipment and training needs.
<b>11</b>	Maintain up-to-date records on the strength program of each team and specific individual workouts of every student-athlete
<b>12</b>	Maintain the Strength and Conditioning Website and Social Media

<b>13</b>	Facilitate workouts for student-athletes with assistant strength coaches to provide a 1:15 student coach ratio at all times and strength and conditioning coach present at all sessions (National Strength and Conditioning Association Guidelines).
<b>14</b>	Hours of Contact Time: Mornings = 3 hours per week, Afterschool = 10 hours per week, Programming and Facility Maintenance = 5 hours per week for 12 week increments.

<b>Minimum Qualifications</b>	<ul style="list-style-type: none"> <li>• All Requirements for MSHSL Head Coaches Completed (ex. concussion, CPR/AED certifications)</li> <li>• Head Coach certified through (at least one) reputable and renewable certification association - ex. NSCA, NHSCA, USAW</li> </ul>
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<b>Knowledge Required</b>	<ul style="list-style-type: none"> <li>• Must be familiar with the rules and regulations of the sport or activity.</li> <li>• Knowledge of District and State High School League procedures, policies and organization as it pertains to extracurricular activities.</li> <li>• Knowledge of individual activity policies and procedures as applies to administration.</li> <li>• Knowledge of the principles, practices, and techniques of supervision.</li> <li>• Knowledge of safety procedures.</li> </ul>
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<b>Skills Required</b>	<ul style="list-style-type: none"> <li>• Skill in emergency decision making "crisis."</li> <li>• Skill in interviewing and evaluating the performance of employee/applicants against objective standards.</li> <li>• Skill in conducting public relation activities, events and public presentations.</li> <li>• Skill in fund raising – working with Booster Clubs.</li> <li>• Skill in communication, interpersonal skills as applied to interaction with coworkers, supervisor, the general public, etc., sufficient to exchange or convey information and to provide and receive work direction.</li> </ul>
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<b>Physical Activities/ Requirements</b>	<p>Climbing, balancing, stooping, kneeling, crouching, crawling, reaching, standing, walking, pushing, pulling, lifting, fingering, grasping, feeling, talking, hearing, seeing, repetitive motions.</p> <p>Medium Work: Exerting up to 50 pounds of force occasionally, and/or up to 20 pounds of force frequently, and/or up to 10 pounds of force constantly to move objects.</p>
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