

## Strength and Conditioning Coach/ Health & PE Teacher

**The Academy of the Sacred Heart** in New Orleans, founded in 1867, is an independent, Catholic, college-prep institution for girls offering 17 years of instruction for one-year-olds through twelfth grade. Academy of the Sacred Heart is one of 25 Network of Sacred Heart Schools in the United States-Canada sponsored by the Religious of the Sacred Heart (RSCJ).

### **Job Description:**

The Academy of the Sacred Heart seeks a dynamic and experienced Physical Education (PE) teacher and Strength and Conditioning Coach to join our dedicated faculty. The ideal candidate will possess a strong commitment to the holistic development of young women, combining expertise in physical education with a passion for athletic performance enhancement. This position requires a qualified individual who can effectively teach PE classes, design and implement comprehensive strength and conditioning programs, and foster a positive and inclusive athletic environment. The Strength and Conditioning Coach and Upper PE Teacher is directly accountable to the Athletic Director and Upper School Division Head. S(he) works with the Athletic Director, Division Head, Dean of Students, students and parents to ensure that the spirit and life of the school reflect the Goals and Criteria of Sacred Heart education. S(he):

- Understands, embraces and implements the school's mission and philosophy as written in the *Goals and Criteria*; participates in the Christ-centered life of the school; and models the school's philosophy in working with students, parents, colleagues and administration.
- Works with the Athletic Director and Division Head to execute responsibilities relating to both the athletic and academic programs: curriculum development and implementation, classroom management, student evaluation, grade reporting and parent communication, and to execute responsibilities as outlined by the Athletic Director, Division Head and Department Chairs, which contribute to smooth department functioning.
- Works with the Athletic Director, Division Head, and Dean of Students to execute responsibilities relating to student life programs, extra-academic activities, student discipline and facility use.
- Works with the Upper School Guidance Counselor and Learning Specialist to aid students in achieving their maximum development and growth, both within and beyond the classroom, achieved through observation of students' behavior and

needs, consultation with the Coaches, Counselor, Learning Specialist, Division Head and other professionals, when indicated.

- Works with the College Counselor by providing input on students' character and academic performance, by writing college recommendations and by assisting with standardized testing, as requested.
- Attends and participates in the following: chapels, liturgical functions, retreats, faculty/department/in-service meetings, assemblies, parent assemblies, conferences and other school functions, as requested
- Teaches a variety of physical activities, including team sports, individual sports, fitness, and wellness.
- Creates a safe and inclusive learning environment that promotes physical activity and healthy lifestyles.
- Maintains professional currency by ensuring professional certification and actively participating in the professional development program (which includes opportunities for attendance at conferences, workshops and educational meetings, and for advanced degree coursework), and by regular reading of educational journals and discipline-related materials.
- Anticipates potential absences, due to illness, family, professional development, etc., and prepares work accordingly, notifying the Division Head in a timely fashion, in order that substitutes are called as needed.
- Agrees to fulfill the terms of the contract of employment.

## **Strength and Conditioning Coach**

### **Duties and Responsibilities:**

- Ability to create and administer an evidence-based strength and conditioning program to enhance athletic performance for all sport programs so students perform to their physical potential.
- Development and management of individual and group weight, strength, and conditioning training programs.
- Conduct before and/or after school Strength and Conditioning program Monday-Friday throughout the academic year as well as in-school program in conjunction with the PE teacher(s)
- Ability to examine human movement patterns to identify areas for improvement.
- Manages programs by monitoring progress and providing an assessment of development for each student-athlete and team.
- Collaborate with the athletic trainer regarding the rehabilitation and strengthening of injured student-athletes for return to play protocols.
- Maintain accurate student records and documentation.

- Conduct an annual needs analysis for each sport team in conjunction with the sport coach and the team's athletic trainer at the start of and conclusion of each sport season.
- Strong organizational, management and leadership skills.
- Attend and participate in professional development opportunities to stay current with best practices.
- Supervise and manage the weight room facility.
- Ability to interact effectively with administrators, coaches, and students.
- Ability to work independently in an organized and motivated manner.

### **Knowledge, Skills, and Experience Required**

**Education:** Master's degree in Health or Kinesiology or related field preferred; current standard first aid, cardiopulmonary resuscitation (CPR), and automated external defibrillation (AED) certifications.

**Licenses and Certifications:** Preferred certification is by the Certified Strength and Conditioning Specialist (CSCS). Must complete certification within the first year of the hire date.

- At least two years of successful experience working with high school and/or middle school girls
- Ability to design differentiated learning activities

### **Application Process**

Applicants should submit a cover letter, current resume and references online at [ashrosary.org/careers](http://ashrosary.org/careers)

1. Cover letter indicating why they are particularly interested in and qualified for the position.
2. Current résumé.
3. Names, addresses and telephone numbers of three professional references. (We will obtain permission from candidates before contacting references.)

*The Academy of the Sacred Heart is an equal opportunity employer. The goal of the Academy of the Sacred Heart is to hire and motivate an outstanding and diverse faculty and staff who work together harmoniously toward the common mission.*