

Strength and Conditioning Coach

General Position Description

The Strength and Conditioning Coach is responsible for establishing and maintaining a strength and conditioning program for all sports, with the three major goals of improving athletic performance, reducing athletic injuries, and teaching lifelong fitness and movement skills. That also includes but is not limited to motivation, education, and guidance on proper nutrition, conditioning, resistance training, mobility, and recovery to help athletes develop to the best of their ability.

Responsibilities of the Position

- Design and implement strength training and conditioning programs in-season, off-season, and preseason for all school-sanctioned male and female athletic programs in a manner that reflects research driven practices and our company's athletic based education model.
- Work in cooperation with the sports medicine or athletic training staff in the rehabilitation and strengthening of injured athletes.
- Facilitate a collaborative relationship among sport coaches, athletic trainers, faculty and staff
- Design and implement policies and procedures for the strength and conditioning program in accordance to company standards and guidelines.
- Develop systems for tracking athlete attendance and athlete progress in conjunction with the sport coaches.
- Maintains, inventories, and manages the weight room in conjunction with the athletic department.
- Determine and reinforce expectations for athlete conduct that mirror the school's expectations for curricula and extra-curricular activities, as stated in the school's Student Code of Conduct.
- Successfully completes training and educational courses as required.

Support the "all in" mantra of a Landshark

Required Qualifications

Education

- B.S. in Exercise Science, Kinesiology, or Human Performance preferred
- Current standard first aid, cardiopulmonary resuscitation (CPR), and automated external defibrillation(AED) certifications.
- A strong working knowledge and teaching skills in analysis and techniques of strength training.
- Experience and/or expertise in strength and conditioning programming for high school populations.
- Strong motivational abilities.

- Evidence of ability to interact positively with student athletes, colleagues, and the public.
- Evidence of strong organizational skills and effective oral and written communication skills.

Experience

- 3+ years of coaching strength and conditioning at the high school, collegiate, or professional level preferred

Licenses / Certifications / Registrations

- Must hold at least one of the following certifications:
 - o CSCS from the National Strength and Conditioning Association (NSCA)
 - o SCCC from the Collegiate Strength and Conditioning Coaches Association (CSCCa)
 - o USA Weightlifting (USAW) level 1 or Sports Performance Coach
- Current CPR certification.
- Current AED certification.
- All C.E.U.'s and certifications must be kept current

Additional Skills

- Excellent communication and customer service skills.
- Basic computer skills, Excel and strength software preferred.
- Must be willing to obtain certifications as defined by company policy.
- Excellent communication and customer service skills.
- Experience in designing and implementing fitness regimens.

Assigned Hours

- Must be flexible, early mornings and evenings. Full-time,

NOTE: All duties and requirements stated above are essential functions. This job description in no way implies that these are the only duties to be performed by the staff occupying this position. Staff members may be required to perform other job-related duties by their supervisor.