

## Job Description

### Strength and Conditioning Coordinator

Job Title: Strength and Conditioning Coordinator	Reports To: Athletic Director
Department: Athletics	
Revision Date: 1/31/19	Classification: Exempt (FLSA) Ministerial

#### Position Overview

The Strength and Conditioning Coordinator supervises the strength and conditioning program for Bishop Kelley High School athletic programs.

#### Essential Job Functions

- Demonstrate a commitment to Catholic values and the promotion of the associated culture within a Catholic school
- Instructs students in curricular activities designed to promote social, physical, and intellectual growth in the subject matter and skills that will contribute to their development as mature, able, and responsible adults.
- Applies knowledge of current research and theory to instructional program.
- Communicates with coaches to determine the strength and conditioning needs for all programs each year.
- Works in conjunction with head coaches or appointed assistant coaches for all sports to provide education and facilitate proper sport specific program design.
- Provides education and application into the proper eating habits for student-athletes to enhance their performance by hosting parent meetings to educate and encourage the importance of nutrition in every phase of training and everyday life.
- Designs integrated programs of weight training, running, flexibility, plyometrics, rehabilitation and reconditioning that will meet the needs of the individual student-athletes in-season, preseason, and off season.
- Organizes and implements the workouts in an efficient and safe manner, to ensure proper training effect for student-athletes.
- Keeps accurate student-athlete performance records as needed.
- Maintains facilities and equipment to insure a healthy and safe environment and reports deficiencies or damage to the Athletic Director.
- Maintains a clean and orderly facility while working with Plant Staff.
- Maintains an organized schedule for all weight training facilities.
- Keeps informed of current research and trends in all areas of strength and conditioning and strives to constantly evaluate and update all programs.
- Successfully analyzes and evaluates new equipment and provides advice concerning the future purchase of equipment.
- Maintains a good working relationship with all athletic programs.
- Provides curriculum, demonstrations, and presentations to Physical Education classes in conjunction with PE faculty when appropriate.
- Perform other related duties as assigned.

**Physical Demands**

- Lifting up to 50 lbs unassisted
- Frequent prolonged standing, sitting, stooping, squatting, kneeling and walking.
- Manual dexterity for typing
- Prefer the ability to demonstrate basic movements

**Key Attributes**

- A missionary disciple dedicated to the Proclamation of the Gospel
- A servant leader willing to serve others through fidelity and excellence
- Faith in the Presence of God – “Let us remember that we are in the Holy Presence of God.”
- Concern for the Poor and Social Justice – “Enter to Learn, Leave to Serve.”
- Respect for all Persons – “Live Jesus in our hearts... Forever.”
- Quality Education – “Teaching Minds and Touching Hearts.”
- Inclusive Community – “The Lasallian Family”

**Competencies (Knowledge, Skills and Abilities)**

- Works cooperatively with the Administration and supports administrative policies.
- Works as a team member with the educational staff.
- Demonstrates positive interpersonal relations with students and parents.
- Demonstrates a sense of professional responsibility.

**Certificates, Licenses, Registrations**

- Preferred to possess NSCA Certified Strength and Conditioning Specialist Certification
- USA Weightlifting Certification or equivalent certificate.

**Educational and Experience Requirements**

- Bachelor’s degree in related field and Master’s degrees preferred
- Previous experience in strength and conditioning field

**Employee Name (Print)**\_\_\_\_\_

**Employee Signature**\_\_\_\_\_

**Date**\_\_\_\_\_

NOTE: This job description is not intended to be all-inclusive. Employee may perform other related duties to meet the ongoing needs of the organization.