

POSITION: STRENGTH & CONDITIONING COORDINATOR

SUPERVISOR: ATHLETIC DIRECTOR

JOB DESCRIPTION: UNDER GENERAL SUPERVISION, DESIGNS, IMPLEMENTS AND SUPERVISES SAFE AND EFFECTIVE STRENGTH AND CONDITIONING ROUTINES FOR MALE AND FEMALE ATHLETES. CONDUCTS FLEXIBILITY, WARM-UP, AND PHYSICAL CONDITIONING ACTIVITIES PRIOR TO TRAINING SESSION. RESPONSIBLE FOR SUPERVISION OF FR. GABRIEL RICHARD HIGH SCHOOL WEIGHT ROOM ALSO INCLUDE THE IMPLEMENTATION OF PROPER LIFTING TECHNIQUES.

WAGE: STIPEND DEPENDS ON EXPERIENCE AND INTERVIEW

QUALIFICATIONS

- KNOWLEDGE OF ANATOMY AND PHYSIOLOGY AND BODY TOLERANCES TO VARIOUS FORMS OF PHYSICAL ACTIVITY
- KNOWLEDGE IN ALL TYPES OF LIFTING, ESPECIALLY OLYMPIC LIFTS
- KNOWLEDGE OF ATHLETIC INJURY PREVENTION AND TREATMENT TECHNIQUES
- KNOWLEDGE OF NUTRITIONAL AND DIETETIC REQUIREMENTS OF HIGH PERFORMING ATHLETES
- SKILLS IN ORGANIZING RESOURCES AND ESTABLISHING PRIORITIES
- STRONG INTERPERSONAL AND COMMUNICATION SKILLS AND THE ABILITY TO WORK WITH A LARGE RANGE OF CONSTITUENCIES IN THE COMMUNITY
- ABILITY TO FOSTER A COOPERATIVE ENVIRONMENT
- ABILITY TO MOTIVATE STUDENT-ATHLETES

ESSENTIAL FUNCTIONS

- DEVELOP AND COORDINATE WEIGHT TRAINING, CONDITIONING AND PLYOMETRIC TRAINING PROGRAMS FOR VARIOUS ATHLETES
- DIRECT ASSIGNMENT TO THE SPORT OF FOOTBALL
- DESIGN AND SUPERVISE TOTAL CONDITIONING PROGRAMS FOR EACH SPORT DURING PRE-SEASON, IN-SEASON, AND OFF-SEASON PERIODS IN CONJUNCTION WITH DESIGNATED COACH FROM EACH SPORT
- ENSURE PROPER SUPERVISION OF STUDENT-ATHLETES IN WEIGHT ROOM, TO INCLUDE PROVIDING INSTRUCTIONS ON THE SAFE USE OF WEIGHT MACHINES AND FREE WEIGHTS

ALL INTERESTED CANDIDATES EMAIL ATHLETIC DIRECTOR MICKEY REDMOND AT MREDMOND@FGRHS.ORG

PLEASE ATTACH
- COVER LETTER
- RESUME