

TITLE: Strength and Conditioning Coordinator

QUALIFICATIONS: Knowledge of the particular sport, teaching skill, good professional attitude, disciplinarian, desire to improve, concern for program and some prior coaching experience.

REPORTS TO: Athletic Director

JOB GOAL: Facilitate strength and conditioning programs for all Freshmen, Junior Varsity, and Varsity Athletic Programs at Highlands High School

PERFORMANCE RESPONSIBILITIES:

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.

Design and supervise weight training and conditioning programs for off-season and pre-season.

Provide expert instruction in the use of weight machines and conditioning equipment and be able to tailor different programs based on the needs of the teams or individual athletes.

Plan and schedule a regular program of weight training and conditioning practice in coordination with the head coach of each sport.

Enforce all rules of the Kentucky High School Athletic Association and the Ft. Thomas Board of Education pertaining to the respective sport.

Evaluating program periodically during the year from freshman through varsity level.

Along with providing education on strength and conditioning, the strength and conditioning coach provides educational resources on nutrition and supplements.

Participate in tryouts, team practices and contests insofar as the team is involved.

Operate and maintain the weight room, which includes taking inventory of equipment and recommending upgrades to equipment as needed.

Along with providing education on strength and conditioning, the strength and conditioning coach provides educational resources on nutrition and supplements.

Maintain detailed, accurate and updated athlete records in order to track athlete progress. Communicate this information with coaches and use athlete data in order to assess training programs for effectiveness.

Report all injuries to Athletic Director and Training staff. Following the injury, the Athletic Trainer must receive a secure and signed statement from doctor and parent granting approval for return before reinstatement in the program.

Grow professionally in the sport through reading appropriate periodicals and journals, attending respected clinics and interacting with fellow coaches.

Work closely and build good relations with fellow coaches in the total athletic program.

Promote his/her program in the school community.

TERMS OF EMPLOYMENT: Term contract with specified beginning and ending dates as indicated in letter of employment.

EVALUATION: Evaluation of the performance of this job will be based on a combination of self-evaluation and supervisor's evaluation according to the procedures developed for all district personnel.