

Strength and Conditioning Coach – Part-Time
Supervisors: RAC Head Coach, RAC President

Working Hours (subject to change): 3:00pm -8:00pm

General Job Description:

The Strength and Conditioning Coach is responsible for establishing and maintaining a strength and conditioning program for all competitive squads, with the three major goals of improving athletic performance, reducing athletic injuries, and teaching lifelong fitness and movement skills. The Strength and Conditioning Coach will provide training plans according to sound scientific principles, supervise training sessions, evaluate athletes, maintain athlete records, and teach strength and conditioning classes as needed. The Strength and Conditioning Coach will meet regularly with the RAC Coaches to determine what the athletes need to improve on. If working with an injured athlete engaged in rehabilitation, the Strength and Conditioning Coach will consult with the athlete's primary doctor and parents. The Strength and Conditioning Coach is responsible for maintaining the strength and conditioning facilities, and for establishing policies, plans, and procedures for the safe and professional operation of the facilities.

Essential Duties and Responsibilities

1. Design and implement strength training and conditioning programs in-season, off-season, and pre-season for all competitive squads and the Fitness squad in a manner that reflects research-driven practices and our [USA SWIMMING American Development Model \(ADM\)](#).
2. Work in cooperation with the athletes' primary doctor, primary coach, and parents in the rehabilitation and strengthening when there are injured athletes.
3. Facilitate a collaborative relationship among sports coaches, sports medicine, and the strength and conditioning staff.
4. Design and implement policies and procedures for the strength and conditioning program following the NSCA Strength and Conditioning Professional Standards Guidelines.
5. Develop systems for tracking athlete attendance and athlete progress in conjunction with the RAC coaches.
6. Conduct an annual needs analysis for each competitive squad in conjunction with the Head Coach after each sport season.
7. Annually conduct and review a departmental risk management plan.
8. Complete an annual budgetary proposal for the program that includes routine maintenance, purchase of new equipment, and staffing needs.
9. Determine and reinforce expectations for athlete conduct that mirror the team's expectations for curricular and extra-curricular activities, as stated in the RAC Code of Conduct.
10. Conduct an annual evaluation of departmental staff, including the design of professional development activities.

Peripheral Duties and Responsibilities

1. Design and instruct curricular strength and conditioning classes, as needed.

2. Coordinate a co-curricular novice level program exposure for grades 5 – 8 that serves as a strength and conditioning introduction reflecting research-driven practices and our USA SWIMMING American Development Model (ADM).
3. Other duties as assigned by the Head Coach.

Qualifications

1. BS in Kinesiology or related field.
2. A current relevant professional certification credentialed by an independent accreditation agency— for example, the NSCA Certified Strength and Conditioning Specialist® (CSCS®) certification.
3. Current standard first aid, cardiopulmonary resuscitation (CPR), and automated external defibrillation (AED) certifications.
4. A strong working knowledge and teaching skills in analysis and strength training techniques.
5. Experience and expertise in strength and conditioning programming for high school and middle school populations.
6. Strong motivational abilities.
7. Evidence of ability to interact positively with student-athletes, colleagues, and the public.
8. Evidence of strong organizational skills and effective oral and written communication skills.

Physical Requirements

1. Ability to demonstrate the appropriate skills and techniques to be used by the athletes.
2. Ability to visually monitor athletes.
3. Sitting, standing, lifting, and carrying (up to 50 pounds), reaching, squatting, climbing stairs, kneeling, and moving equipment/boxes up to 50 lbs.

Safety and Health Requirements

1. Current standard first aid, cardiopulmonary resuscitation (CPR), and automated external defibrillation (AED) certifications.
2. Knowledge of universal hygiene precautions.
3. Knowledge of current NSCA Strength and Conditioning Professional Standards and Guidelines.

Equipment/Materials Handled

Must know how to operate strength training equipment, automated external defibrillator (AED), and sports aid equipment.

Work Environment

Must be able to work within various degrees of noise, temperature, and air quality. Work surfaces will vary from concrete to grass to hardwood floors. Job responsibilities require both

inside and outside assignments. Interruptions of work are routine. Flexibility and patience are required. Must be self-motivated and able to complete job assignments without direct supervision. Evening and weekend work will be expected. May need to be at Barlow Mountain Pool and also Results Fitness off Main Street in Ridgefield. Must be able to work under stressful conditions.

Work Schedule(Subject to Change)

M-F 4:00-8:00pm

Saturday 8-12pm

To apply:

Please send a resume and a cover letter to coachlanzo@gmail.com