

Union Public Schools Job Description

Position Title: Head Strength and Conditioning Coach
Department: Athletics Department
Reports To: Athletic Director

FLSA Designation: Exempt

SUMMARY: Under general direction, provide nutritional education, strength and conditioning for coaches and student athletes.

ESSENTIAL DUTIES AND RESPONSIBILITIES: *Other duties may be assigned.*

- Maintains nutritional education for coaches and student athletes.
- Strengthens and conditions performance development for all student athletes.
- Assists with the creation and direction of sport-specific speed, quickness and agility workouts.
- Coordinates with coaching staff of assigned teams to design and implements safe and effective programs.
- Assists with weight room supervision, weight room upkeep, and equipment maintenance.
- Always available to various athletic teams seasonal schedules (may include weekend, evening, early morning and holiday work).
- Develops a positive rapport with student athletes, while maintaining professional distance is required.
- Records and tracks all student athletes.
- Demonstrates continuous efforts in improving operations, working cooperatively and jointly with other UMAC and District Departments to provide optimal services to the District and community.
- Supervises the equivalent of two or more full-time employees.
- Works well with both supervisors and other meme
- Maintains consistent and punctual attendance.
- Performs other duties assigned by supervisor or administrator.

SUPERVISORY RESPONSIBILITIES: Supervises the equivalent of two or more full-time employees.

QUALIFICATION REQUIREMENTS: *To perform this job successfully, an individual must be able to perform each essential duty satisfactorily. The requirements listed below are representative of the knowledge, skill, physical stamina, and/or ability required. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.*

EDUCATION and/or EXPERIENCE: Bachelor degree required, Master's degree preferred. Certification or working towards certification with CSCCa or NSCA. CPR/AED certification required. Must have strong knowledge of teaching Olympic style lifting exercises. A desire to continue professional growth in the field of strength and conditioning for enhanced sport performance.

CERTIFICATES, LICENSES, REGISTRATIONS: Certification or working towards certification with CSCCa or NSCA. CPR/AED certification required.

LANGUAGE SKILLS: Ability to read and interpret documents such as safety rules, operating and maintenance instructions and procedure manuals. Ability to write routine reports and correspondence. Ability to speak effectively before parents, staff, students, outside event clients and attendees.

MATHEMATICAL SKILLS: Ability to add, subtract, multiply and divide in all units of measure, using whole numbers, common fractions and decimals. Ability to computer rate, ratio, and percent and to draw and interpret bar graphs.

REASONING ABILITY: Ability to apply common sense understanding to carry out instructions furnished in written, oral or diagram form. Ability to deal with problems involving several concrete variables in standardized situations.

OTHER SKILLS and ABILITIES: Ability to develop effective working relationships with students, staff and the school community. Ability to communicate clearly and concisely, both orally and in writing. Ability to perform duties with awareness of all District requirements and Board of Education policies. Ability to multi-task with attention to detail. Ability to work flexible hours including evening, weekends, early morning and holidays when needed.

PHYSICAL DEMANDS: *The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.*

While performing the duties of this job, the employee is almost continuously required to sit, and talk or hear. The employee is frequently required to walk and stand for extended periods of time. The employee is required to handle average-weight objects up to 25 pounds. Specific vision abilities required in this job include close vision, depth perception, and the ability to adjust focus.

WORK ENVIRONMENT: *The work environment characteristics described here are representative of those an employee encounters while performing the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.*

While performing the duties of this job, the employee may be employed to work both indoors and outdoors and under adverse weather conditions. Duties will require handling of average-weight objects up to 50 pounds or standing and/or walking for more than four (4) hours per day. The employee is continuously interacting with the staff and student athletes.

The noise level in the work environment is usually moderate.