



Assistant Strength and Conditioning Coach

Job Description

Reports to: Strength and Conditioning Coach

Status: Part-time; Non-Exempt

Primary Purpose/Function: The Assistant Strength and Conditioning Coach will assist with the development, implementation, and scheduling of sport-specific athletic performance enhancement programs for all sports teams. They will provide motivation, education, and guidance on proper nutrition, conditioning, resistance training, mobility, and recovery to help athletes develop to the best of their ability. The coach must support athletic programs that develop and respect all participants at Bardin High School.

ESSENTIAL FUNCTIONS

1. Design and implement strength training and conditioning programs in-season, off-season, and pre-season for athletic programs as assigned by Director of Strength and Conditioning.
2. Assist with program development and implementation of in-school strength and conditioning programs.
3. Supervise training programs for after-school athletes.
4. Provide a high level of service delivery, including but not limited to, the development of athletic performance enhancement as it relates to injury prevention, strength and power development, specific energy system development, and recovery.
5. Develop and maintain a high level of written and oral communication with sport coaches, performance staff (athletic trainers, physical therapists, physicians, and sport dieticians), student-athletes, and athletic department administration.
6. Collaborate frequently with athletic trainer(s) regarding the rehabilitation process and return to play participation/planning of injured student-athletes.
7. Provide leadership in administrative areas as assigned by the Director of Strength and Conditioning.
8. Maintain a safe, effective, and efficient training environment for student athletes.
9. Adherence to all policies and procedures as identified by the Department of Athletics, Stephen T. Bardin High School, and OHSAA.
10. Other tasks as assigned by the Director of Strength and Conditioning.

Required Education and Experience

1. Bachelor's degree in Exercise Science, Kinesiology, or related field preferred.
2. One to two years of experience in the field of sports performance at the high school or collegiate level.
3. Current First Aid/CPR/AED certification.
4. Current CSCS (NSCA) or SCCC (CSCCA) certification preferred.

Competencies

1. Leadership
2. Communication
3. Organization
4. Adaptability

Supervisory Responsibility: none

Work Environment: This job operates in a gym and training environment.

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

Expected Hours of Work: Monday through Friday afternoons, 25 hours a week. The position is required to work all year round. Hours will vary over breaks and during the summer.

Travel: Minimal Travel

Attestation:

All Employees of Badin will have knowledge of the Catholic faith, a willingness to work for a Catholic-based agency, and adhere to the policies of Stephen T. Badin High School. Employees will not publicly oppose the teachings of the Catholic faith nor publicly advocate for any position in conflict with Catholic teaching or the specific position of the Archdiocese of Cincinnati or the United States Conference of Catholic Bishops. This requirement includes any public speech, demonstration, or writing, including the use of social media or other digital technologies.

This job description has been approved by the Principal of Badin High School.

Manager_____

The employee's signature below constitutes the employee's understanding of the requirements, essential functions, and duties of the position.

Employee_____ Date_____