

Job Title: Strength and Conditioning Trainer
Reports To: Principal
FLSA Status: Exempt

SUMMARY:

To collaborate cooperatively with the coaches and serve as a consultant to them on improving the performance of their athletes in the athletic arena while aiding in the prevention of injuries.

ESSENTIAL RESPONSIBILITIES AND DUTIES:

Program design and guiding student-athletes and coaches through a regimen of exercises to optimize performance and decrease injury potential.

Responsible for coordination and scheduling of all the daily operations of the strength training facility.

Maintain all strength and conditioning facilities in the school, including but not limited to repairing or replacing equipment as needed.

Collect and maintain records for athletes participating in the school's strength and conditioning program. Provide a longitudinal report to each coach following the administration of performance testing.

The creation, distribution, and review of all individual workout sheets given to each assigned sport.

Setting up and taking down of all speed, agility and quickness workouts that are scheduled daily, to include the return of all equipment to its proper storage location.

Maintain a current inventory of all speed and strength training equipment within the school facilities.

Design of and monitor compliance of a vertically aligned fundamental training model from grades grade 7-12.

Plan, organize, and direct summer strength and conditioning camps for both high school and junior high students.

Responsible for planning, organizing, and conducting in-service training for coaches in the school to include junior high feeder programs so that all may work cooperatively and effectively to implement the program.

Perform miscellaneous duties as assigned by the Director of Athletics.

SUPERVISORY RESPONSIBILITIES

This job has no supervisory responsibilities.

QUALIFICATIONS

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, and/or ability required.

EDUCATION and/or EXPERIENCE

Bachelor's Degree from an accredited university

CERTIFICATES, LICENSES, REGISTRATIONS

Valid Texas teaching certificate preferred

National Strength & Conditioning Association Certified (CSCS) or Collegiate Strength and Conditioning Coaches Association Certified (SCCC) required. Non-certified hires must obtain the required certification within twelve-months of hire date.

CPR / AED / First Aid certified

SPECIAL KNOWLEDGE AND SKILLS

Knowledge of strength and conditioning and coaching techniques and procedures

Knowledge of University Interscholastic League (UIL) rules

Ability to instruct and supervise student athletes

Excellent organizational, communication, and interpersonal skills

Basic working knowledge of Microsoft Office (especially Excel, Word, and PowerPoint), and various social media platforms (Twitter and Instagram).

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 groups of customers or employees of organization.

MATHEMATICAL SKILLS

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

REASONING ABILITY

Ability to solve practical problems and deal with a variety of concrete variables in situations where only limited standardization exists. Ability to interpret a variety of instructions furnished in written, oral, diagram, or schedule form.

PHYSICAL DEMANDS

While performing the duties of this job, the employee is frequently required to stand, kneel, squat, bend, stoop, push, pull, and twist. The employee is frequently required to walk, climb stairs/ladders, grasp, squeeze, extend/flex wrist, reach overhead, and drive. The employee must frequently lift and

carry (15-44 pounds) and occasional heavy lifting (45 pounds and over). Specific vision abilities required by this job include close vision, distance vision, color vision, peripheral vision, depth perception, and ability to adjust focus.

WORK ENVIRONMENT

While performing the duties of this job, the employee is frequently exposed to wet and/or humid conditions, outside weather conditions, and extreme heat. The employee is occasionally exposed to moving mechanical parts, fumes or airborne particles, and toxic or caustic chemicals. The noise level in the work environment is usually moderate/loud. Frequent district-wide travel to multiple campuses as assigned.

Revised Date: March 7, 2022

The foregoing statements describe the general purpose and responsibilities assigned to this job and are not an exhaustive list of all responsibilities, duties, and skills that may be required.