



Job Description

STRENGTH AND CONDITIONING COACH

Date Created	June 2018
Date Amended	

Reports To

Report directly to the Supervisor of Celtic Academy.
School Principal

Summary

The Strength and Conditioning Coach provides sport science support to the student-athletes of Celtic Academy through the creation of developmentally appropriate strength and conditioning programs. The role of the Strength & Conditioning Coach is to program for both St. Joseph and St. John Paul II/Faculté Jean-Paul II Catholic High School Celtic Academy Athletic Development Programs. The coach will also aid the teacher in teaching the fundamentals of training, and to assist in instilling confidence in the student-athletes. This will be done in accordance with the guidelines of the Canadian Sport for Life Long Term Athlete Development Model and Alberta Education's CTS outcomes.

Qualifications

Formal Education

- Bachelor of Science Degree in Kinesiology (BSc, Kin)
- Strength & Conditioning Certification (NSCA – CSCS)

Experience

- Two years of formal experience working as a strength and conditioning coach; preferentially with the adolescent
- Strong understanding of sport performance for adolescence
- Strong understanding of the Long Term Athlete Development Model
- Strong understanding of anatomy, biomechanics, and injuries

Competencies

- Positive and progressive attitude
- Excellent communication skills
- Strong coaching, leadership, and presentation skills

- Excellent writing and listening skills
- Ability to prioritize and work independently on projects as assigned
- Enjoy working with people
- Ability to adapt to new technology – proficient in Google Applications
- Ability to deal with people sensitively, tactfully, diplomatically, and professionally at all times
- Ability to effectively communicate both verbally and in writing
- Ability to respond quickly in a dynamic and changing environment
- Ability to work individually as well as part of a team
- High flexibility with strong interpersonal skills that allow one to work effectively in a diverse environment
- Ability to work outside of regular hours (early morning, some evenings and weekends)

Duties and Responsibilities

Develop and monitor strength and conditioning programs

- Develop a Yearly Training Plan for Grades 8, 9, 10, 11 & 12
- Develop strength and conditioning programs that follow current research and are guided by CTS curriculum outcomes
- Develop training logs for students to record progress
- Monitor program implementation and adjust the training programs to fit the ability of the student-athletes
- Communicate plans and strategies to all who work with the student-athletes
- Implement specialized programs (i.e. Injured athletes, students with restrictions)
- Develop programs that are appropriate for those students who are competing in sports and be aware of in-season and off-season schedules; periodization
- Blend both strength and conditioning into student-athlete's programming

Implement strength and conditioning programs through coaching and teaching

- Ensure plans are shared, and teachers have been informed and educated about the training that will be delivered to student-athletes, ample time before class begins
- Coach teachers in proper lifting technique to ensure a safe environment and maximum adaptations so the teacher can deliver precise techniques to his/her students
- Leverage a strong understanding of physiology, biomechanics, psychology and nutrition to assist the teacher in developing their lessons to train the student-athletes on best practices for performance improvement, so they can be guided in a developmentally appropriate way
- Modify and develop strength and conditioning programs to best work with student-athlete injuries and/or competition schedules

- Teach proper form of exercises and log book expectations to teachers associated with Athletic Development classes
- Act as an aid to the teacher during all Athletic Development classes the Strength and Conditioning Coach is scheduled to attend
- Provide feedback, when necessary, to teachers on student-athlete participation for assessment

Multidisciplinary team participation

- Collaborate with teachers on CTS curriculum outcomes and content for classroom sessions
- Collaborate with coaches and sports teams on how Athletic Development can work with their team
- Partner with teachers to create and implement a positive performance culture within all Celtic Academy Athletic Development classes
- Provide input into strategies, goals, and objectives for the success of class structure and future expansion

Fitness facility management

- Provide expertise about equipment purchases, installations, and refurbishment of fitness facilities
- Upkeep equipment and supplies to meet health and safety standards
- Manage the weight room afterschool until 4:00PM to assist eager athletes with further training

Maintain technical knowledge through a range of professional development activities

- Actively seek peer reviewed articles on training and performance
- Maintain an active relationship with other strength and conditioning professionals

July and August Responsibilities (if required)

- Provide summer programming for student-athletes who wish to continue training through the summer
- When not working with student-athletes in summer programs, work out of the Catholic Education Centre to continue to program and plan for the upcoming school year, and partake in professional development opportunities to further knowledge of strength and conditioning

Work Conditions

- Interaction with employees, management, and the public at large
- Working in a busy environment with frequent interruptions
- Constant standing and movement throughout the space

- Working out of both St. Joseph and St. John Paul II/Faculté Jean-Paul II Catholic High Schools

Health and Safety

- Each employee is required to become familiar with and adhere to Administrative Procedure 129 – Occupational Health & Safety, and AP130 – Safe & Healthy School Environment.
- Each employee is to ensure that they are following safe work methods and relevant regulations.

Acknowledgement and Agreement

The above description reflects the general details considered necessary to describe the principal functions and duties as required for proper evaluation of the job and will not be construed as a detailed description of all the work requirements that may be inherent in the job. Employees may perform other related duties and tasks as required to meet the needs of the operation.

I acknowledge that I have received and reviewed this job description.

Name: _____

Signature: _____

Date: _____

Witness: _____