

# ADM COMMUNITY SCHOOLS

## JOB DESCRIPTION

TITLE Athletics Head Strength Coach – High School

### QUALIFICATIONS

1. Certified Coaching Endorsement or Authorization
2. Demonstrate aptitude for performing tasks listed
3. Must exhibit high moral values and be able to serve as a favorable example to young people
4. Such alternatives to the above qualifications as the Board may find appropriate and acceptable

REPORTS TO Activities Director

SUPERVISES Interscholastic Strength and Conditioning Program 7-12

JOB GOALS To provide leadership, supervision and organization of student athletes and to carry out the objectives of the athletic program.

To promote a fundamentally sound strength & conditioning program with emphasis on physical fitness, ability and performance development and to encourage a strong work ethic and a positive attitude towards strength training and physical conditioning.

### PERFORMANCE RESPONSIBILITIES

1. Formulates weightlifting programming for the various lifting seasons, as they would pertain to in-season and off-season athletes.
2. Design (and have final review of) all extra curricular exercise related training programs.
3. Keep abreast of new programs, techniques and philosophies concerning strength and conditioning programs for student athletes.
4. Maintains inventory, selection and care for appropriate equipment.
5. Assumes supervisory role over coaches, supervisors and all student athletes in the field of strength and conditioning.
6. Organizes and schedules all sessions to maximize shared space and student athlete productivity.
7. Apply rules, regulations and appropriate discipline fairly and in a positive manner.
8. Supervises weight room facilities insuring appropriate care, clean up and security.
9. Recommends improvements to programming, facilities and equipment to Activities Director.
10. Maintains records of attendance, strength advancement, lifting records and other individual accomplishments of student athletes making information available to respective coaching staff.
11. Performs additional duties and responsibilities as assigned by the District.

TERMS OF EMPLOYMENT Salary and work year to be established by the Board.

EVALUATION Performance of this job will be evaluated by the district Activities Director in accordance with provisions of the Board's policy.

Approved by Board of Education on April 13, 2015