

STRENGTH AND CONDITIONING COACH

The Midwest Regional ESC is seeking a qualified candidate to fill the following position:

Position	Part-Time or Full-Time	Deadline to Apply	Start Date	Building/District Location	Special Requirements
Strength and Conditioning Coach	Full-Time & Benefit Eligible Total contract days and hours per day are negotiable.	2/21/2024	5/1/2024	Kenton City Schools - High School building located in Hardin County.	Must hold, or have the ability to obtain, a valid ODE Pupil Activity Permit and hold a bachelor's degree. Master's degree preferred. Certified strength and conditioning specialist (CSCS) or equivalent certification preferred.

If you have questions regarding the position and/or building assignment, please contact Elaine Drumm, HR Manager at:

edrumm@mresc.org

To apply, please complete and submit an application by clicking the application link below. You may also upload any additional documentation (for example: resume, cover letter, licensure, etc.) during the application process.

[MRESC Application](#)

Please read below for a full job description for this position.

**MIDWEST REGIONAL EDUCATIONAL SERVICE CENTER
BELLEFONTAINE*OHIO**

Title: STRENGTH AND CONDITIONING COACH

File

Reports to: Athletic Director

Job Objective: Develops and implements comprehensive strength and conditioning programs for athletes, with the goal of enhancing their overall athletic performance, reducing the risk of injury, and promoting a culture of fitness and well-being.

Minimum Qualifications: Bachelor's degree/ Master's degree preferred

Certified strength and conditioning specialist (CSCS) or equivalent certification (preferred)

Knowledge of athlete growth and development, as well as age-appropriate training methodologies.

Previous experience working as a strength and conditioning coach at a competitive level.

Strong communication and interpersonal skills.

Ability to obtain all OHSA and district certifications.

Displays flexibility, reliability, self-discipline and a willingness to take on challenging tasks.

Embodies high ethical standards/integrity. Accepts personal responsibility for decisions/conduct.

Exhibits effective time management and resourceful problem-solving skills.

Maintains a record free of criminal violations that would prohibit public school employment.

Shows evidence of core computer competencies deemed appropriate at the time of hire.

NOTE: The employee shall remain free of any alcohol or non-prescribed controlled substance in the workplace throughout his/her employment in the District.

Essential Functions:

1. Provides the development and implementation of comprehensive strength and conditioning programs.

Design and implement age-appropriate strength and conditioning programs tailored to the specific needs of athletes across various sports.

Develop and incorporate periodization and progressive overload strategies into training plans.

Stay abreast of current trends, research and best practices in strength and conditioning to continuously improve program effectiveness.

Work closely with coaches of various sports to align strength and conditioning programs with the demands of specific sports.

Communicate regularly with coaching staff to ensure coordination of training schedules and priorities.

Attend team practices and competitions to observe athletes and provide guidance as needed.

Conduct assessments to identify individual strengths, weaknesses and injury risks.

Provide personalized training plans and modifications based on athletes' specific needs and goals.

Monitor athletes' progress and make necessary adjustments to optimize performance.

Implement injury prevention strategies through targeted exercises, mobility work and proper technique instruction.

Collaborate with athletic trainer to address and rehabilitate injuries.

Educate athletes on the importance of injury prevention and recovery strategies.

Educate athletes on the principles of strength and conditioning, nutrition and overall wellness.

Work with Physical Education teachers to develop and implement a foundational program for speed and agility training.

Serves as a mentor, fostering a positive and disciplined training environment.

Conduct workshops and seminars for athletes, coaches and parents on relevant topics.

2. Exemplifies professionalism and fosters goodwill to enhance the district's public image.

Cultivates relationships that promote a strong commitment of public support for the district.

Develops mutually respectful relationships with co-workers. Functions as part of a cohesive team.

Enforces drug-free workplace rules, board policies and administrative guidelines/procedures.

Maintains a professional appearance. Wears work attire appropriate for the position.

Maintains an acceptable attendance record and is punctual.

Respects privacy and maintains the confidentiality of privileged information.

Sustains an effective and positive work/learning environment. Performs all assigned duties.

3. Maintains open/effective communications. Serves as a reliable information resource.

Communicates district objectives/performance goals to stakeholders.

Coordinates building staff meetings and other required department activities.

Prepares/maintains accurate records. Submits required paperwork on time.

Provides prompt notification of personal delays or absences.

Uses active listening/problem-solving techniques. Respects diversity. Resolves issues tactfully.

Works with staff to ensure shared resources are used effectively.

4. Pursues opportunities to enhance professional performance.

Participates in training to keep current with professional standards associated with work duties.

Updates skills as needed to use available task-appropriate technology effectively.

Works toward mastery of individualized development/performance goals as directed.

5. Takes precautions to ensure safety. Initiates action to manage/eliminate risks.

Helps update/implement the district's emergency preparedness/crisis response plan.

Maintains high standards for appropriate conduct. Recognizes and responds to prevent aggressive behavior or harassment. Complies with district guidelines and federal/state laws when dealing with discrimination and suspected child abuse/neglect.

6. Performs other specific job-related duties as directed.

Assists with unexpected/urgent situations as needed.

Implements workplace initiatives that advance district goals.

Working Conditions:

Safety is essential to job performance. Employees must exercise caution and comply with standard safety regulations and district procedures when involved in the following situations:

Balancing, bending, climbing, crouching, kneeling, reaching, or standing.

Exposure to adverse weather conditions and temperature extremes.

Exposure to air-borne particulates, chemicals, combustible materials, electrical hazards, equipment vibrations, noise, moving mechanical parts, odors and slippery surfaces.

Exposure to blood-borne pathogens and communicable diseases.

Interacting with aggressive, disruptive and/or unruly individuals.

Lifting, carrying and moving work-related supplies/equipment.

Operating and/or riding in a vehicle. Working in/near active vehicular traffic.

Traveling to meetings and work assignments.

Working in confined spaces and/or under variable lighting conditions.