



**POSITION TITLE:**

Strength and Conditioning Coach

**SUPERVISOR:**

Athletic Director, Head Athletic Trainer

**RESPONSIBLE TO:**

Student-Athletes, Parents, TCIS, VISAA

**POSITION SUMMARY:**

This position is responsible for planning, organizing, and directing the Strength and Conditioning program, as well as overseeing any feeder programs and assistant coaches, with a Christian worldview and a high level of sport expertise. .

**QUALIFICATIONS:**

**Experience:** Previous strength and conditioning client work experience, high school preferred.

**Certifications:**

1. CPR/AED/First Aid
2. CSCS or similar

**Faith:** Must provide a Christian testimony and be attending a local church on a regular basis. Your faith plays an integral role in the treatment of our student athletes.

**DUTIES:**

1. Exemplify behavior that is representative of the educational staff of the school and be a credit to the Christian coaching profession.
2. Complete all required professional development courses through NFHS and Armatus.
3. Complete FCA 3-D Coaching program and lead your program with those ideals.
4. Coaches must maintain a professional appearance while on campus.
5. Attempt to resolve differences with others (parents, fellow-workers, administration) by following the biblical pattern of Matthew 18:15-17.
6. Expected to attend the All Coaches meetings at the beginning of each season and the Athletic Department meeting in the Summer.



N O R F O L K  
CHRISTIAN  
S C H O O L S

7. Working directly with the Athletic Department by keeping inventory of all equipment.
8. Work with the Head Athletic Trainer and
9. Supervise all student-athletes, once they are in your presence and until a parent or guardian picks them up.
10. **Developing Training Programs:** Using the TeamBuildr software program; Designing and implementing strength and conditioning programs tailored to the specific needs of different sports teams and individual athletes. This involves assessing the physical abilities of athletes, setting realistic goals, and creating workout regimens to improve strength, speed, agility, endurance, and flexibility.
11. **Teaching Proper Techniques:** Instructing athletes on the correct form and technique for various exercises and movements to minimize the risk of injury and maximize effectiveness. This includes demonstrating exercises, providing feedback, and ensuring athletes understand and adhere to safety guidelines.
12. **Supervising Workouts:** Overseeing training sessions and workouts to ensure athletes are performing exercises correctly and safely. Monitoring progress, adjusting routines as needed, and motivating athletes to give their best effort during training sessions.
13. **Equipment Maintenance and Safety:** Ensuring that all strength and conditioning equipment is properly maintained, sanitized, and in safe working condition. Establishing and enforcing safety protocols to minimize the risk of accidents or injuries during training sessions.
14. **Collaboration with Coaching Staff:** Working closely with coaches from various sports teams to align strength and conditioning programs with the overall goals and objectives of the athletic program. Communicating regularly with coaches to assess athlete progress and address any specific needs or concerns. Working with each Head Coach to organize workouts and sport specific warmups.
15. **Injury Prevention and Rehabilitation:** Ensuring injury prevention is accomplished through proper techniques and weight room safety. Working with the Head Athletic Trainer to assist in rehabilitation programs as needed and directed by the ATC.
16. **Athlete Assessment and Monitoring:** Conducting regular fitness assessments and evaluations to track athlete progress and identify areas for improvement. Utilizing data and performance metrics to adjust training programs and optimize athletic development.
17. **Professional Development:** Staying informed about current trends, research, and best practices in strength and conditioning. Pursuing ongoing education and certifications to enhance knowledge and skills in areas such as exercise science, sports medicine, and sports nutrition.
18. **Role Modeling and Mentorship:** Serving as a positive role model for student-athletes by demonstrating professionalism, integrity, and a commitment to excellence. Providing mentorship and guidance to athletes both on and off the field to foster personal growth and development.