

## **BIG WALNUT LOCAL SCHOOLS**

**TITLE: Strength and Fitness Coach**

**MINIMUM QUALIFICATIONS:** Bachelor's degree in Exercise Science or related field

Strong relationship and communication skills

General knowledge of Google

**PREFERRED QUALIFICATIONS:** Two or more years related work experience

Any of the following: NSCA, CSCS, CSCCA, SCCC, USAW,  
or Sports Performance Coaching Certification

**REPORTS TO:** Athletic Director/Principal/Assistant Principal

### **JOB GOALS:**

- To improve performance of athletes by developing a comprehensive speed, strength, and agility program for grades 7 - 12
- To reduce athletic injuries by developing sport-specific training
- To provide nutritional guidelines to student athletes
- To provide weight room training to coaches
- To provide ongoing training to District employees to increase wellness

### **PERFORMANCE RESPONSIBILITIES:**

- Collaborate with coaches and athletic administration to create a mission and vision for the Big Walnut Athletic Strength and Agility Program
- Develop sport-specific systematic training for teams and individual athlete, while working closely with the BW athletic administration and coaching staff - including proper lifting/training techniques, creating training programs, supervise training and assessing performance
- Develop team and individual training goals, provide feedback to athletes, coaches and athletic administration
- Attend pre-season parent meetings to discuss the Big Walnut Athletic Strength and Agility Program
- Attend Big Walnut athletics professional development sessions
- Ensure cleanliness, organization, and maintenance of weight room
- Communicate on a regular basis with athletic administration
- Take personal responsibility for ongoing professional development to keep abreast of changing concepts in the field
- Maintain ethical and professional behavior at all times, serving as a positive role model
- Able to handle confidential and sensitive information
- Display a positive, respectful demeanor with students, staff, and community members
- Other duties as assigned

### **TERMS OF EMPLOYMENT:**

Work calendar, salary, and benefits established by Board of Education regulations.

**EVALUATION:** Performance of this job will be evaluated in accordance with the provisions of the Board of Education Policy on Evaluation of Professional Personnel.