

Wachusett Regional School District

MISCELLANEOUS

JOB DESCRIPTION

TITLE:

Strength Coach

QUALIFICATIONS:

Experience in strength and fitness training, experience in implementation of a comprehensive fitness and conditioning program, and certification in the "Bigger, Faster, Stronger" training program ("BFS"), or equivalent.

REPORTS TO:

Director of Athletics, Wachusett Regional High School

PERFORMANCE EVALUATION:

The Strength Coach will be evaluated annually.

REPRESENTATION STATUS:

Employee at Will.

JOB RESPONSIBILITIES:

The Strength Coach is responsible for implementing the BFS program at Wachusett Regional High School.

In carrying out this responsibility, the Strength Coach shall:

1. Train and certify the athletic staff of the High School in mastery of the theory, methods, and techniques of the BFS program, or equivalent;
2. Teach the athletes of the High School the proper weight lifting and spotting techniques;

3. Teach the athletes of the High School the fundamentals of a comprehensive fitness and conditioning program, which program will customarily include strength training, plyometrics, agility, stretching and nutrition counseling;
4. Oversee and monitor the implementation of the BFS program on a daily basis;
5. Formulate appropriate in-season and off-season fitness and conditioning programs for each of the athletic teams of the High School;
6. Develop, implement and maintain a program of testing all athletes of the High School for fitness, strength and endurance in a minimum of five specific categories, a minimum of one every two months during the academic year;
7. Implement the workout management system of the BFS Program, and assure that all coaches and athletes of the High School utilize the appropriate BFS training cards;
8. Establish safety procedures for use in the Weight Room of the High School, and supervise and monitor the behavior and activities of the athletes and coaching staff of the High School to assure compliance with all such procedures;
9. Develop a schedule of use of the Weight Room so as to permit all athletes of the High School to attain the goals of the BFS Program and training system;
10. Assure that all equipment of the Weight Room and of the BFS Program is properly stored, maintained, cleaned and inspected, so as to promote and maintain a safe and productive workout environment;
11. Implement and carry out a schedule of work with the various athletes and teams of the High School which has been developed and mandated by the Director of Athletics;
12. Report monthly to the Director of Athletics as to the number of students participating, per month, in the comprehensive fitness and conditioning program, the BFS program, the in-season and off-season team fitness and conditioning programs, and any other programs originated or supervised by the position; and

13. Conduct such other duties and responsibilities as shall be assigned by the Director of Athletics.

WORK SCHEDULE:

Monday through Friday, 2:30 PM through 5:30 PM, and such additional times as are needed.

Updated: 2/11/02

Approved by:

Alfred D. Tutela, Superintendent of Schools

Date: 02/11/02