

Sioux Falls School District 49-5

JOB DESCRIPTION

DEPARTMENT:	ATHLETICS
JOB TITLE:	STRENGTH COACH AND CONDITIONING COACH (not budgeted beginning in 2011-12 school year)
REQUIREMENTS:	
A. Education Level:	BA/BS Physical Education or Physiology of Exercise
B. Experience Desired:	Coaching, sports medicine, and weight training.
C. Physical Requirements:	Hand-eye/mind-eye coordination, physical dexterity, the ability to bend, stoop, walk, talk, and sit. The ability to travel between locations. The ability to lift up to 100 pounds.
D. Other Requirements:	Fundamentals of Coaching or Equivalent (must be completed one time); Sports First Aid or Prevention and Care of Athletic Injuries or equivalent (must be renewed once every two years); Concussion in Sports – What You Need to Know (must be renewed on an annual basis. Ability to design and implement weight training for variety of athletes in season and out of season. Knowledge of safety factors and spotting procedures in weight room. General interest in all athletics.
REPORTS TO AND RECEIVES GUIDANCE FROM:	High School Principal Activities Principal Coordinator of Athletics
DATE:	Revised September 2012
ESSENTIAL FUNCTIONS AND DUTIES:	
	1. Supervises the weight room two hours per day – 12 months a year. 2. Maintains equipment. 3. Picks up weights. 4. Educates students on safety rules.

5. Sets up program of weight lifting and conditioning for all levels of athletes, male/female for each sport.
6. Works with trainer to rehab injuries. Sets up program to rehab injured athletes.
7. Repairs and cleans equipment.
8. Assists with fund raising.
9. Performs other duties as assigned.

WORKING CONDITIONS:

A. <u>Inside</u>	<u>Outside</u>	<u>Both</u>
		XXX

B. Climatic Environment

Often subjected to extremes temperatures. Occasionally subjected to extreme noise, odors, mists, dust and poor ventilation.

C. Hazards:

Exposure to body fluids, communicable diseases. Possible injury from dropped weights, pinching of fingers between weights, or other accidents. Travel between locations will cause exposure to hazardous driving and walking conditions.

D. Work Year

Extra duty/extra pay positions are for a fiscal year (July 1-June30). Duties of the position may be performed any time during that time period depending upon the position/season.

I have read and understand this job description and can fulfill the essential functions as listed.

Signature

Date

StrCdCch