



Strength and Conditioning Coach (Part-Time)

OUR MISSION

At Milken Community School, we think education is more than what you know. Our School, founded on Jewish values, is about who our children can become and how they can help others become who they might be. Because the world our children will create tomorrow is born in the School we build today, our mission is to educate our children so they can surpass us.

POSITION OVERVIEW

The Strength and Conditioning Coach is a part-time member of the Athletic Department, reporting to the Athletic Director. The Strength and Conditioning Coach is responsible for establishing and maintaining a strength and conditioning program for all sports, with the three major goals of improving athletic performance, reducing athletic injuries, and teaching lifelong fitness and movement skills. The Strength and Conditioning Coach devises training plans according to sound scientific principles, supervises training sessions, evaluates students, and maintains student records. The Strength and Conditioning Coach is responsible for maintaining the strength and conditioning facility, and for establishing policies, plans, and procedures for the safe and professional operation of the facility. The ideal candidate is comfortable working in a highly collaborative environment where value is placed on the skills and passions of the discipline within a larger context of school mission and integrative thinking.

RESPONSIBILITIES

- Design and implement strength training and conditioning programs in-season, off-season, and pre-season for all school-sanctioned athletic programs, all students and faculty/staff in a manner that reflects research-driven practices and our country's Long-Term Athletic/Fitness Development Model.
- Work in cooperation with the sports medicine and athletic training staff in the rehabilitation and strengthening of injured athletes.
- Facilitate a collaborative relationship among sport coaches, sports medicine, and the athletic department.
- Design and implement policies and procedures for the strength and conditioning program in accordance with the NSCA Strength and Conditioning Professional Standards and Guidelines.
- Develop systems for tracking student attendance and student progress in conjunction with the sport coaches.



- Annually conduct and review a departmental risk management plan.
- Complete an annual budgetary proposal for the program that includes routine maintenance and purchase of new equipment.
- Determine and reinforce expectations for student conduct that mirror the school's expectations for curricula and extra-curricular activities, as stated in the school's Student Code of Conduct.
- Other duties as assigned.

QUALIFICATIONS

- Bachelor's degree in a relevant field, required.
- Experience and/or expertise in strength and conditioning programming for high school populations.
- Certified Strength and Conditioning Coach by NSCA.
- Current First Aid, AED and CPR certifications.
- Evidence of ability to interact positively with student athletes, colleagues, and the public.
- Evidence of strong organizational skills and effective oral and written communication skills.

Interested candidates may [apply here](#).