



HOLMDEL TOWNSHIP PUBLIC SCHOOLS SCHEDULE "B" JOB DESCRIPTION: WEIGHT TRAINING COACH

QUALIFICATIONS:

1. Possesses New Jersey Teacher Certification, Certificate of Eligibility with Advanced Standing, or fulfills qualifications for Substitute Teacher in the Holmdel Township Public Schools.
2. Has prior experience in coaching weight training program (preferred).
3. Demonstrates organizational abilities as well as communication and interpersonal skills.
4. Possesses required criminal history background check, required drug/alcohol testing, and proof of U.S. citizenship or legal resident alien status.
5. Such other alternatives to the above qualifications as the Board may find appropriate and acceptable.

REPORTS TO: Athletic Director

JOB GOAL: To design and implement a safe and healthy weight training program to enhance the physical fitness and skills of the students.

PERFORMANCE RESPONSIBILITIES:

1. Instructional Leadership:
 - a. Analyzes the personal weight training needs of those athletes participating in the program.
 - b. Designs a weight training program based on the personal and sport-specific needs of the athletes under the weight training coach's supervision.
 - c. Oversees the efforts of the athletes in using the equipment in the weight training facility to ensure their safety and physical welfare.
 - d. Coaches individual athletes, as appropriate, in the skills necessary for the safe use of the equipment to enhance their physical prowess and well-being in their sport.
 - e. Maintains appropriate records of the weight training program implemented for each athlete.

- f. Works closely with the athletic director in scheduling the use of the weight training facility.
- g. Provides the athletic director with input concerning the safety conditions of the weight training facility and its equipment.
- h. Submits budget needs annually to the athletic director in accordance with established timelines and guidelines.
- i. Recommends to the athletic director the purchase of equipment and supplies, as appropriate.

2. Student Management

- a. Provides supervision of all students/athletes at all times of involvement and oversees penalties for violation of such standards as stipulated by Board policy, school procedures and the Coaches' Handbook.
- b. Maintains necessary attendance forms, and appropriate paperwork and provides information to the athletic director as requested.

3. Professional Development

- a. Keeps informed about the latest equipment, rules and coaching techniques in his/her field of sport.
- b. Participates in continuous study and research, and/or attends relevant conferences and/or workshops to maintain and enhance professional competence in accordance with district guidelines and budget allocations.
- c. Provides direction and support to coaches who require assistance when selecting a workout that will enhance each athlete's overall achievement.

4. School and Community Relations

- a. Cooperates and shares professionally with other members of the staff including, but not limited to other coaches.
- b. Strives to establish cooperative relations and makes a reasonable effort to communicate with parents/guardians as appropriate.
- c. Promotes awareness of the weight training program by providing information to the principal and other relevant audiences about the team's activities.
- d. Works with the athletic trainer concerning injuries and proper diet of individual athletes.

5. Other Assigned Duties

Performs such other tasks and assumes such other responsibilities as may be assigned by the athletic director or designee.

TERMS OF EMPLOYMENT: Salary to be established within the Agreement between the Holmdel Township Board of Education and the Holmdel Township Education Association.

EVALUATION: Performance of this job will be evaluated annually in accordance with the Board's policy on the Evaluation of Schedule "B" Staff and the contractual agreement between the Holmdel Township Board of Education and the Holmdel Township Education Association.

SOURCE: Regular Board Meeting

DATE: March 22, 1995