



## **HOLMDEL TOWNSHIP PUBLIC SCHOOLS SCHEDULE "B" JOB DESCRIPTION: STRENGTH AND CONDITIONING COACH**

### **QUALIFICATIONS:**

1. Bachelor's degree preferred. Associate's degree or completion of at least sixty (60) credits at an institution of higher education required.
2. Valid New Jersey Teacher Certification or Substitute Teacher Certification.
3. Organizational, communications and human relations skills.
4. Knowledge and experience in training high school athletes.
5. Knowledge and experience in managing a physical fitness center.
6. Successfully completes criminal history, proof of citizenship or legal resident status.

**REPORTS TO:** Supervisor of Athletics, Health and Physical Education (K-12) and High School Principal

**JOB GOAL:** To create and supervise physical fitness and training programs for the students and athletes of Holmdel High School and manage and maintain Fitness Center.

### **PERFORMANCE RESPONSIBILITIES:**

1. Instructional Leadership:
  - a. Organizes and administers the overall strength and conditioning program at Holmdel High School.
  - b. Provides leadership and instruction to athletic coaches and physical education teachers in the use of fitness center equipment and training of athletes.
  - c. Develops and places into operation appropriate rules and regulations governing the high school fitness center.
  - d. Assists the athletic supervisor in the development and purchase of physical fitness equipment and training aids.

2. Professional Development

- a. Conducts in service meetings with physical education teachers and athletic coaches.
- b. Motivates and encourages athletes and student to participate in off-season conditioning program and physical fitness program.
- c. Keeps self updated on current developments in strength training and conditioning.
- d. Participates in continuous study and attends relevant conferences and workshops to maintain and enhance professional competence.

3. School and Community Relations

- a. Oversees the promotion of the high school's physical fitness and athletic strength and conditioning programs.
- b. Promotes cooperation among and between members of the coaching staff, faculty, support personnel and administrators for the general advancement of the physical fitness and athletic conditioning program.
- c. Acts as the district expert in physical fitness and athletic conditioning.

4. Other Duties

Performs such other tasks and assumes such other responsibilities as the athletic supervisor may assign.

**TERMS OF EMPLOYMENT:** Ten month year. Salary to be established in the agreement between the Holmdel Township Board of Education and the Holmdel Township Teachers Association.

**EVALUATION:** Annually by the supervisor of athletics in cooperation with the superintendent and in accordance with Board policy and the agreement between the Holmdel Township Board of Education and the Holmdel Township Teachers Association.

**SOURCE:** Regular Board Meeting  
**DATE:** December 18, 2002  
**REVISED:** March 29, 2011