Part-Time Strength & Conditioning Coaching Assistant, University of Delaware
Department of Athletics and Recreation Services
(Part-Time Position Available Starting (September 2022)
University of Delaware
Newark, DE

Context of Job:
The Strength & Conditioning Coaching Assistant, at the University of Delaware, is a valued member within the University and Department of Intercollegiate Athletics and Community and Campus Recreation, upholding and embracing the departmental mission of “Achieving Excellence Together.”
If you currently reside in the Delaware, Eastern PA, Southern NJ, or Northern MD area this could be a great opportunity for you. This position will assist with football and other Olympic sports. Typical hours for this position are early mornings until noon Monday through Friday and some Saturday football games. This position is year-round for 48 weeks.
The Part-Time Strength & Conditioning Coaching Assistant is responsible for assisting in all aspects of the Strength & Conditioning functions within the Department of Intercollegiate Athletics and Recreation Services at The University of Delaware. The Strength & Conditioning Coaching Assistant will design, implement, and supervise training programs for assigned teams within the philosophy and guidelines of the Strength Department. The Strength & Conditioning Coaching Assistant will work in collaboration with current strength and conditioning staff, athletic training, and other members of the sports performance department to ensure all policies and procedures are followed and implemented.

Major Responsibilities:
• Primary responsibilities include but are not limited to the design, implementation, and supervision of strength, speed, agility, and conditioning programs for assigned teams.
• Maintain knowledge of best practices to ensure the health, safety, and welfare of student-athletes through the development and implementation of safe and effective strength, speed, and conditioning training programs
• Ensure the enhancement of physical and mental development through the establishment of specific training programs and activities to increase the performance of student-athletes.
• Incorporate Sparta Science scans and baseline testing within the guidelines of the strength of a department.
• Assist in the daily operation of both sport strength-training facilities, which include risk management and equipment maintenance.
• Implement training of student-athletes in proper weight lifting techniques, speed/agility/conditioning practices, and proper acclimation protocols.
• Perform miscellaneous job-related duties as assigned.
• Sports coverage assistance responsibilities are at the discretion of the direct supervisor.

Minimum Qualifications:
• BS in Health Science Related Field
• CSCS or CSCCa Certification
• CPR Certification

To apply for this position, send your cover letter, resume, and certification number to – Rich Levy, Assistant AD for Strength and Conditioning, richlevy@udel.edu

Equal Employment Opportunity

Employment offers will be dependent upon the successful completion of a criminal background check. A conviction will not necessarily exclude you from employment.

The University of Delaware is an Equal Opportunity Employer, which encourages applications from Minority Group Members, Women, Individuals with Disabilities, and Veterans. The University's Notice of Non-Discrimination can be found at http://www.udel.edu/aboutus/legalnotices.html