

Strength & Conditioning Coaching Assistant

Part Time Hourly wage up to 28 hours a week.

CONTEXT OF THE JOB:

Under the direction of the Associate Athletic Director for Strength & Conditioning/Head Strength & Conditioning Coach. The Strength & Conditioning Coaching Assistant is responsible for designing, implementing and supervising training programs for assigned teams within the philosophy and guidelines of the Strength Department. Position 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 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 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.
- Sport coverage assistance responsibilities are at discretion of direct supervisor,

QUALIFICATIONS:

- Bachelor's degree required (in related field).
- CSCS certification from the National Strength & Conditioning Association and/or SCCC certification from the Collegiate Strength and Conditioning Coaches Association.
- Certifications in First Aid (ARC), CPR (ARC or AHA), and Automated External Defibrillator (AED) required within six months of employment.
- Knowledge of the principles of strength and conditioning programming, resistance and weight training principles, techniques, and equipment.
- Effective organizational, personnel supervision, communication and computer skills.
- Knowledgeable of NCAA rules and policies.

Contact

Please send cover letter, resume, and references in one single PDF file to – Chris Stewart, Associate AD for Strength and Conditioning, stewartc@udel.edu No phone calls please.

Equal Employment Opportunity

Employment offers will be dependent upon 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>