



## *Sports Performance Assistant*

<b>Reports to:</b>	Director of Athletics		
<b>Job Classification:</b>	Non-Exempt	<b>Hours per week:</b>	40
<b>Work Year:</b>	Academic Year + 5 Weeks during summer	<b>Pay Scale:</b>	Sports Performance Asst.

### **JOB SUMMARY**

The Sports Performance Assistant will assist the Sports Performance Specialist in training student-athletes in the fundamental skills, strategy and physical training necessary for them to realize a degree of individual and team success. At the same time, provide the student-athlete with instruction that will lead to the formulation of moral values, pride of accomplishment, acceptable social behavior, self-discipline and self-confidence.

### **ESSENTIAL RESPONSIBILITIES & ACCOUNTABILITIES**

- Supervise weight room use
- Enforce athletic policies and execute daily responsibilities
- Work with coaches and student-athletes to follow the strength and conditioning programs defined by the Sports Performance Specialist
- Foster training in conduct, ethics and sportsmanship in all athletes and coaches
- Support the Athletic Trainer with modified programs for injured athletes
- Work with the maintenance staff to help maintain and care for the upkeep of the facility
- Support the maintenance and care of the strength training equipment
- Continually update one's professional expertise in the appropriate areas by attending clinics, joining professional organizations, reading professional literature or any other acceptable means
- Hours of work may include before, during, and/or after school, as well as summer hours

### **MINIMUM REQUIREMENTS**

#### **Experience and Skills**

- Experience as a strength and conditioning coach.
  - Experience preferred at the high school level
- Knowledge of the fundamental skills and techniques, as well as the advanced techniques in the area of strength and conditioning
- Successful personality and character traits appropriate to educational leadership
- Successful ability to teach, enforce, advocate and model appropriate behavior and character traits consistent with the educational mission and philosophy of Saint Francis High School
- Successful ability to work with parent groups, administrator, staff and student-athletes

**Educational Requirements**

- Undergraduate degree in exercise science, kinesiology, human performance, physical therapy and/or nutrition (Masters preferred)
- Certification in CSCS, ACSM and/or USAW.
- CPR/AED and First Aid certification

**Behavioral Job Attributes**

- Must support the Catholic, Holy Cross mission and philosophy of the school
- Exercise judgment within defined procedures and practices to determine appropriate action
- Self-starter who is driven to learn and constantly seeks ways to improve professional skills, modernize internal systems and implement best practices
- Team-player who is willing to collaborate and support colleagues when needed
- Ability to work with enthusiasm and pride as a members of the greater Saint Francis, Holy Cross Community
- Act as role model to students and peers, always imparting good citizenship, kindness, friendliness, and helpfulness in a Christian way
- Show respect and service orientation towards all members of the immediate and extended communities

**Physical Requirements**

- Must be able to operate a keyboard and mouse
- Must be able to use a telephone head or handset
- Work requires visual acuity
- Must be able to focus on highly detailed tasks for long periods of time
- Must be able to sit for extended periods of time
- Must be able to lift 25 lbs. in confined spaces

*The above statements are intended to describe the general nature and level of work being performed by people assigned to this classification. They are not to be construed, as an exhaustive list of all responsibilities, duties, and skills required of personnel so classified. All personnel may be required to perform duties outside of their normal responsibilities from time to time, as needed.*

*Saint Francis High School is an Equal Opportunity Employer.*