



Head Strength and Conditioning Coach

Overview:

The Head Strength & Conditioning Coach reports directly to school Administration and is responsible for the overall management and successful implementation of a strategically proven, high school strength and conditioning program for all student-athletes, in addition to designated sport-specific duties, and supervisory responsibilities. This dynamic individual will be a vital member of the Athletic Department Staff with focus on improving the overall athletic performance of each student-athlete. The ideal candidate will excel at building strong relationships with all stakeholders involved in the strength and conditioning program, school, and greater JP II community.

Qualifications:

- Bachelor's Degree in kinesiology, exercise science, biomechanics or related field
- Previous experience at the high school or collegiate level, preferably at a private school
- CSCCa (SCCC), NSCA (CSCS), and/or FMS (Level 1)
- Ability to obtain First Aid and CPR Certification, along with Youth Protection requirements per the Diocese of Birmingham
- Experience and expertise in strength and conditioning programming for high school student-athletes
- Ability to communicate effectively with the student-athletes, coaches, parents, faculty/staff, school administration and greater community
- Familiarity with AHSAA rules, regulations, procedures, and policies
- Demonstrated experience developing and implementing strength and conditioning programs for multiple sports programs
- Excellent interpersonal, organizational, leadership and supervisory skills
- Must be willing to work flexible hours to include evenings and weekends; travel with teams if necessary

Responsibilities:

- Provide overall direction, implementation, and management for a year-round sport-specific strength and conditioning program for all athletic programs
- Responsible for all matters related to the strength and conditioning program including, but not limited to, in-season and off-season conditioning, scheduling, care/maintenance of equipment, along with supervision of student-athletes during workouts and other related functions
- Reports directly to the Athletic Director regarding student-athletes, coaches, and sports programs while reporting to the Headmaster for all curricular responsibilities
- Develop systems for tracking athlete attendance, progress, and development in conjunction with the coaches of each athletic program
- Implement injury prevention methods by establishing a foundation of functional movements related to strength and conditioning, proper technique, and continuous education
- Reinforce expectations for student-athlete conduct that mirror the expectations of the Athletic Department and school as a whole for curricular and extracurricular activities, as stated in the JP II Student-Athlete & Parent-Guardian handbook



- Clearly communicate with individual student-athletes and teams about goals, performance, and progress while developing and maintaining a highly competitive environment
- Integrate best practices regarding nutrition, sleep, rest, hydration, and recovery
- Complete an annual budgetary proposal for the program that includes routine maintenance, purchase of new equipment, and staffing needs
- Conduct an annual needs-analysis for each sport team in conjunction with the Head Coach at the conclusion of each sport's season
- Work in conjunction with the Athletic Trainer in the rehabilitation and strengthening of injured and recovering athletes
- Work with coaches to facilitate and encourage multi-sport athletes
- Monitor the safety conditions of the weight room, court or area in which the assigned team or student-athletes are conducting workouts
- Engage in professional development activities designed to improve coaching skills, strategies, and techniques
- Exhibit enthusiasm and sincere interest in coaching and working with student-athletes while keeping in focus the character development of the young men and women of the school
- Present a professional image and provide a positive role model in terms of personal habits, language and conduct

About the Employer

In one of the most dynamic and growing areas in the country, St. John Paul II Catholic High School (JP2) is also growing and expanding. Operated by the Diocese of Birmingham and a Board of Trustees, JP2 offers students a faith-based, college preparatory high school curriculum and environment. We serve a growing, diverse and dynamic student body from North Alabama, Southern Tennessee and abroad on a 55-acre campus surrounded by Research Park, a center for space aeronautical and bio-medical research.

Our Mission

Inspired by our patron, St. John Paul II Catholic High School develops students in spirit, mind, and body through a Christ-centered, college preparatory education. As a welcoming community of faith, we encourage, challenge, and support our students to learn enthusiastically, lead honorably, and live responsibly so they will improve themselves and society through their faith and vocation.

Interested candidates can apply by sending their resume, references and any other relevant documentation to Matt McManus at mmcmanus@jp2falcons.org.