

**CHEQUAMEGON PUBLIC SCHOOL DISTRICT
PARK FALLS, WISCONSIN**

POSITION DESCRIPTION
Strength and Conditioning Coach

Position Summary: The Strength and Conditioning Coach provides expertise, guidance, and training in the area of strength training, agility and physical conditioning for all student-athletes based on the Bigger, Faster, Stronger (BFS) strength training program.

Essential Job Requirements:

- To create and supervise a workout program for the Chequamegon High School Football team, based on the Bigger Faster Stronger (BFS) strength-training program.
- Be present three mornings (Monday, Wednesday, and Friday) a week, on the scheduled core and auxiliary lifts days, from 6:00 – 7:00 am, in order to provide athletes with guidance and proper training techniques for free weights and other strength training equipment.
- Maintain the BFS lifting program supervision year round.
- To assist athletes from other sports who are also following a BFS tailored program who are also using the Eagle Fitness Center during the above mentioned scheduled hours.
- Provide coaches and athletes with BFS program materials for recording workout details and progress.
- Provide assistance to other coaches who are also implementing the BFS strength-training program with their athletes.

Secondary Responsibilities:

- Be available for pre-season parent meetings to talk about fitness and off-season programs
- Familiar with the equipment that is provided

Education/Experience

A bachelor's degree in strength training or equivalent experience is required. Minimum of two years strength training experience preferred.

Organizational Relationships

The Strength and Conditioning Coach reports directly to the Athletic Director. The coach assists the head coaches of CHS sports teams.