

RIVERVIEW SCHOOL DISTRICT
POSTING
STRENGTH, CONDITIONING, & FITNESS COACH

There is an opening for a Strength, Conditioning, & Fitness Coach at Riverview JRSR High School to oversee programming and organization for all weight training and fitness programs. Interested candidates should send a letter of interest to Mr. Andre Carter, Athletic Director, no later than August 28, 2024 to 100 Hulton Road, Oakmont, PA, 15139 or via email: acarter@rsd.k12.pa.us. Please refer to the attached Job Description for qualifications, essential functions, and position specifications.

RIVERVIEW SCHOOL DISTRICT

STRENGTH, CONDITIONING, & FITNESS COACH JOB DESCRIPTION

TITLE: STRENGTH, CONDITIONING, & FITNESS COACH

SUMMARY: The strength, conditioning and fitness coach will be responsible for overseeing the programming and organization for all weight training and fitness programs that occur after school hours for school sponsored sports and school district students. This includes, but is not limited to, planning and implementing gender, sport, season and fitness goal specific weight training and fitness programs for students in grades 7-12. The coach will provide supervision and proper fitness instruction to all students in the fitness center. The coach will report equipment needs, damage, suggest updates and maintain an overall high level of cleanliness in the facility. The coach will oversee the entire fitness center and usage of equipment. The coach will collaborate and consult with coaches about program specific needs. The coach will also work with individual students to help meet their fitness needs and goals. The coach will be responsible for overall supervision of the fitness center, which will include opening and closing the fitness center. The coach will report directly to the athletic director and work to schedule and provide an inclusive and equitable environment for all Riverview Jr-Sr High School students.

ESSENTIAL FUNCTIONS:

1. Maintain a clean and safe space for exercise in the fitness center.
2. Actively train all students (includes students and student athletes) in form and proper technique, as well as safety protocol.
3. Teach students and coaches alike the “why” and importance of the workouts and protocols.
4. Develop and implement gender, sport, season and fitness goal specific weight training and fitness programs for students in grades 7-12.
5. Hold workouts after school hours that include and provide a safe and educational space for all Riverview students for a minimum of 1.5 hours per day Monday-Friday (during days that school is in session).
6. Hold workouts on days/dates agreed upon by the coach and athletic director, if a coach requests specific programming.
7. Adhere to all district and school policies as well as develop and institute safety requirements for the fitness center.
8. Provide feedback to the athletic director with any fitness center maintenance and/or needs.
9. Read and follow the Riverview School District Coaching handbook.

SUPERVISORY RESPONSIBILITIES:

1. Supervise the fitness center and any student/student athlete who attends and participates in the program.
2. Interact regularly with the user groups and manage user groups to ensure that District's right and responsibilities are met.

QUALIFICATIONS:

- High school diploma or GED required.
- Bachelor's degree or certifications preferred in an area in relation to fitness and wellness.
- 3+ years of experience in the coaching or fitness field.
- Extensive knowledge of weight training/fitness program design, weight training/fitness techniques and safety protocol.
- Ability to demonstrate and perform various weight lifting and fitness exercises (including demonstration of proper spotting and safety protocol).
- CPR certified.
- Must provide all school district required clearances and other school approval documentation.

CONFIDENTIALITY:

- Respects and maintains the confidentiality of students and personal communication at all times.

LANGUAGE AND COMMUNICATION SKILLS:

- Ability to read and interpret documents such as safety rules, operating and maintenance instructions, and procedure manuals.
- Ability to write routines reports and correspondence.
- Ability to communicate effectively before groups of students, coaches and other school staff.
- Ability to use technology to communicate fitness programming to students and coaches.

OTHER SKILLS AND ABILITIES:

- Ability to establish and maintain effective working relationships with students, staff and the community.
- Ability to perform duties with awareness of all district requirements and Board of Education policies.
- *PHYSICAL DEMANDS: The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.*
 - While performing the duties of this job, the employee is regularly required to stand; walk; use hands and fingers to handle, or feel objects, tools, or controls; and talk or hear. The employee frequently is required to reach with hands and arms. The employee is occasionally required to sit. The employee frequently

must squat, stoop or kneel, reach above the head and reach forward. The employee will frequently bend or twist at the neck and trunk more than the average person while performing the duties of this job. Employee must be able to demonstrate proper exercise form and safety protocol.

- The employee must frequently lift and/or move up to 45 pounds such as supplies and equipment. Occasionally the employee will lift and/or move up to 120 lbs of equipment. The employee may push/pull items such as boxes. Specific vision abilities required by this job include close vision, color vision, peripheral vision, depth perception, and the ability to adjust focus.
- *WORK ENVIRONMENT: The work environment characteristics described here are representative of those an employee encounters while performing the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.*
 - While performing the duties of this job, the employee regularly works indoors. The employee will work near or with moving mechanical equipment. The employee may work with toxic or caustic chemicals such as petroleum products, detergents, degreasers, and sprays while performing the duties of this job. The employee must be able to meet deadlines with tight time constraints. The noise level in the work environment is usually moderate.

The above statements are intended to describe the general nature and level of work performed by a person in this position. They are not to be construed as exhaustive list of all duties that may be performed in such a position.

TERMS OF EMPLOYMENT:

- Supplemental
- Stipend, work schedule and other conditions of employment in accordance with the policies of the Riverview School District.

EVALUATION:

Performance of this job will be evaluated at season end in accordance with provisions of the applicable policies of Riverview School District.

Riverview School District is an Equal Opportunity Employer.

I have read and understand the requirements, duties, and responsibilities for this position.

Employee's Signature _____ *Date* _____

Supervisor's Signature _____ *Date* _____