



CRISTO REY
PHILADELPHIA
HIGH SCHOOL

Head Strength and Conditioning Coach

Cristo Rey Philadelphia is seeking an individual for the role of Head Strength and Conditioning Coach who is detail oriented, a self-starter, and has exceptional communication skills. This position will be a member of the Athletic Department and will be responsible for the day to day oversight for all sports teams. This position will report to the Athletic Director.

Basic Responsibilities:

The Strength and Conditioning Coach is responsible for establishing and maintaining a strength and conditioning program for all sports, with the three major goals of improving athletic performance, reducing athletic injuries, and teaching lifelong fitness and movement skills. The Strength and Conditioning Coach devises training plans according to sound scientific principles, supervises training sessions, evaluates athletes, maintains athlete records, and teaches strength and conditioning classes as needed. The Strength and Conditioning Coach meets regularly with sport coaches to determine what the athletes need to work on. If working with an injured athlete engaged in rehabilitation, the Strength and Conditioning Coach will consult with the sports medicine or athletic training staff. The Strength and Conditioning Coach is responsible for maintaining the strength and conditioning facility, and for establishing policies, plans, and procedures for the safe and professional operation of the facility.

- Support the philosophy and mission of Cristo Rey Philadelphia High School.
- Apply and enforce student discipline during athletic contests, practice sessions, and while on trips off school property in accordance with Student Code of Conduct and student handbook.
- Maintain the upkeep of the Weight Room/Fitness Area at all times.
- Weight Room Supervision for all non athletic team members and staff members while using the Weight Room Area and Equipment.
- Design and implement strength training and conditioning programs in-season, off-season, and pre-season for all school-sanctioned male and female athletic programs in a manner that reflects research-driven practices and our country's Long-Term Athletic/Fitness Development Model.
- Work in cooperation with the sports medicine or athletic training staff in the rehabilitation and strengthening of injured athletes.
- Facilitate a collaborative relationship among sport coaches, athletic trainers, and the strength and conditioning staff.
- Develop systems for tracking athlete attendance and athlete progress in conjunction with the sport coaches.
- Conduct an annual needs-analysis for each sport team in conjunction with the sport coach and the team's athletic trainer at the conclusion of each sport season.
- Complete an annual budgetary proposal for the program that includes routine maintenance, purchase of new equipment, and staffing needs.
- Determine and reinforce expectations for athlete conduct that mirror the school's expectations for curricular and extra-curricular activities, as stated in the school's Student Code of Conduct.

Qualifications

- BS in Kinesiology or related field.
- 3 years Strength & Conditioning Training experience
- A current relevant professional certification credentialed by an independent accreditation agency— for example, the NSCA Certified Strength and Conditioning Specialist® (CSCS®) certification.
- Current standard first aid, cardiopulmonary resuscitation (CPR), and automated external defibrillation (AED) certifications.
- A strong working knowledge and teaching skills in analysis and techniques of strength training.
- Experience and/or expertise in strength and conditioning programming for high school populations.
- Strong motivational abilities.
- Evidence of ability to interact positively with student athletes, colleagues, and the public.
- Evidence of strong organizational skills and effective oral and written communication skills.

Physical Requirements

Ability to demonstrate the appropriate skills and techniques to be used by the athletes. Ability to visually monitor athletes. Sitting, standing, lifting and carrying (up to 50 pounds), reaching, squatting, climbing stairs, kneeling, running, jumping and moving equipment/boxes up to 50 lbs.

Safety and Health Requirements

- Current standard first aid, cardiopulmonary resuscitation (CPR), and automated external defibrillation (AED) certifications.
- Knowledge of universal hygiene precautions.
- Knowledge of current NSCA Strength and Conditioning Professional Standards and Guidelines.

Equipment/Materials Handled

Must know how to operate strength training equipment, automated external defibrillator (AED), and sports aid equipment.

Position Type: *Part Time*

Requirements for Success:

- Understands and supports the mission of the school
- Sociable and welcoming demeanor
- Focused and detail-oriented
- Excellent communication skills
- Self-starter and enjoys interacting with people of all types
- Willing to do “whatever it takes” for the success of the student-athletes

Application Process:

- Submit one PDF containing the following documents to jointheteam@crphs.org:
 - Cover letter
 - Resume
 - Three professional references

About Cristo Rey Philadelphia High School

Cristo Rey Philadelphia High School, a college preparatory, Catholic school for students of all faiths, nurtures and challenges young people to recognize and realize their full potential as they learn to love others, grow in their faiths, and serve the common good.

The school welcomed its first class in August 2012 and now serves approximately 550 students. For seven years, Cristo Rey was located in the Logan neighborhood of North Philadelphia. At the start of the 2019 school year Cristo Rey moved to a brand-new home in the Tioga section of the city, remaining committed to serving families from under-resourced communities across the greater Philadelphia and Camden areas. The school utilizes a longer school day and year, structured academic assistance, and counseling support to prepare students, who start out between two and three grade levels behind academically, for college. The faculty’s collective goal for every student is not simply high school graduation or college acceptance but college graduation. It is the faculty’s primary responsibility and challenging mission to prepare every Cristo Rey Philadelphia student to be successful in college.

All students enrolled in the school participate in a unique corporate Work-Study Program through which they develop important skills and finance the majority of the cost of their education. The Cristo Rey Work-Study Program gives students the opportunity to build core skills that will help them succeed in college and the modern workplace. Each student works five full days per month in an entry-level job in a professional work environment. The objective of these jobs is to reinforce the capabilities — reading comprehension, mathematics, discipline, persistence, and a strong work ethic — that students need to be successful in college and career, as well as to provide students with opportunities for development of one’s self-esteem and exposure to a professional corporate culture. The money earned through the students’ work goes directly to the school to cover a significant portion of the cost of their education.

The school is endorsed by the Oblates of St. Francis de Sales and the Sisters, Servants of the Immaculate Heart of Mary, and the Augustinian Province of St. Thomas of Villanova. Cristo Rey Philadelphia is the 25th school in the national Cristo Rey Network. Network schools have established a tremendous record of success preparing students for success in college and in life.