



Sweet Home Central School District of Amherst and Tonawanda

Sweet Home Athletics Department
1901 Sweet Home Road • Amherst, New York 14228
(716) 250-1407

Christopher Schiumo
Director of Athletics/H.P.E.R

NOTICE OF COACHING VACANCY **DATE POSTED:** January 22, 2024

The Sweet Home Central School District seeks a highly qualified candidate to fill the following:

Position: Strength-Conditioning Coach/Wellness

Start Date: February 2nd, 2024

Qualifications: Prior fitness coaching experience is preferred
CPR/First Aid and AED appropriate certifications
Concussion Management
Certified Personal Trainer

Job Summary: The Strength and Conditioning Coach is responsible for establishing and maintaining a strength and conditioning program for all sports with the major goals in 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 athletic training staff or school nurse. 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.

Duties and Responsibilities:

- Design and implement strength training and conditioning programs in-season, off-season, and pre-season for all school-sanctioned athletic programs in a manner that reflects research-driven practices.
- Work in cooperation with the school nurse or athletic training staff in the rehabilitation and strengthening of injured athletes.
- Facilitate a collaborative relationship among sport coaches, athletic training staff, athletic staff and students.
- Design and implement policies and procedures for the strength and conditioning program.

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- 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 school's athletic trainer at the conclusion of each season.
- Complete an annual proposal for the program that includes routine maintenance, purchase of new equipment and other needs deemed appropriate.
- Determine and reinforce expectations for athlete conduct that mirror the school's expectations for curricula and extra-curricular activities, as stated in the school's Athletic Handbook and Student Code of Conduct.
- Oversee process of cleaning, repairing, and storing weight equipment.
- Perform any other related duties as assigned by the Athletic Director or other appropriate administrator.
- Follow established procedures in the event of an athlete's injury.
- Represent the Sweet Home Central School District in a professional manner.
- Provide leadership for student-athletes that inspires them to achieve success.
- Successful candidate will have flexible hours based on program needs.

Reports to: Chris Schiumo, Director of Athletics

Salary: Compensation as per District/SHEA Collective Bargaining Agreement

How to Apply: Please send a cover letter stating interest and certifications to cschiumo@sweethomeschools.org

Closing Date: February 1st, 2024

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