

# SOLID STATE HOCKEY™

SUCCESS IS THE SUM OF THE DETAILS

## Director of Strength and CONDITIONING – Part-Time

**Supervisor:** DIRECTOR OF HOCKEY OPERATIONS

### General Job Description:

The Director of Strength and Conditioning is responsible for establishing and maintaining a strength and conditioning programs for all Solid State Hockey divisions, with the three major goalie of improving athletic performance, reducing athletic injuries, and teaching lifelong fitness and movement skills. This Director devises training plans according to sound scientific principles, supervises training sessions, evaluates athletes, maintain athlete records, and teaches strength and conditioning classes as needed. The Director 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.

### Essential Duties and Responsibilities:

1. Design and implement strength training and conditioning programs.
2. Design and implement policies and procedures for the strength and conditioning program in accordance with the NSCA Strength and Conditioning Professional Standards Guidelines.
3. Annually conduct and review a departmental risk management plan.
4. Complete an annual budgetary proposal for the program that includes routine maintenance, purchase of new equipment, and staffing needs.
5. Conduct an annual evaluation of departmental staff, including the design of professional development activities.

### Peripheral Duties and Responsibilities :

- Design and instruct curricular strength and conditioning classes.
- Supervise and coordinate the strength and conditioning staff.
- Other duties as assigned.

### Qualifications:

- BS in Kinesiology or related field.
- 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.
- 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, 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.

**Work Environment:**

Must be able to work within various degrees of noise, temperature, and air quality. Work surfaces will vary from concrete to grass to hard wood floors. Job responsibilities require both inside and outside assignments. Interruptions of work are routine. Flexibility and patience are required. Must be self-motivated and able to complete job assignment without direct supervision. Evening and weekend work will be expected. May make site or home visits when needed and appropriate. Must be able to work under stressful conditions.