UNIVERSITY OF RHODE ISLAND

Position Description

TITLE: Head Coach, Strength and Conditioning

DIVISION: Student Affairs (Athletics)

REPORTS TO: Associate Director of Athletics/Health & Performance

GRADE: (Not Applicable)

SUPERVISES: Assistant Strength and Conditioning Coaches/Interns

BASIC FUNCTION:

Responsible for design, implementation, monitoring and overseeing strength and conditioning training for 22 NCAA Intercollegiate Sports Programs.

ESSENTIAL DUTIES AND RESPONSIBILITIES:

Provide adequate instruction, supervision and motivation to all student-athletes in their training programs.

Maintain open and clear lines of communications with coaches and athletic training staff.

Provide testing and progress reports to coaches and athletic training staff.

Assist with daily maintenance and upkeep of strength training facilities.

Provide budgetary and equipment requests to the Associate Athletic Director.

Oversee all aspects of the day-to-day operation of the Strength & Conditioning Department, including facility scheduling, maintenance, and upkeep.

Oversee all administrative and budget aspects of the Strength & Conditioning Department.

Serve as supervisor and mentor to Strength & Conditioning Department staff.

Oversee and insure a safe and productive working environment, enforcing all codes of conduct.

Develop and monitor individual strength and conditioning programs for all men’s and women’s athletic teams.

Teach and demonstrate proper lifting techniques for various forms of strength training.

Teach and demonstrate knowledge of speed, agility and flexibility training.
Provide basic nutritional guidelines as they pertain to athletic development.

Communicate with and motivate both male and female athletes.

Develop relationships and effective communication with the sport coaches and others within the athletic department.

Maintain competency with respect to knowledge of NCAA rules, ensure compliance with NCAA rules, and report to the Director of Athletics knowledge of any violation of NCAA, Conference and/or institutional rules. (NCAA rule violations shall be subject to disciplinary or corrective actions as set forth in the provisions of the NCAA enforcement procedures. These procedures detail disciplinary action for both secondary and major violations of NCAA rules.)

OTHER DUTIES AND RESPONSIBILITIES:

Assist with meal planning and other nutritional considerations.

Perform other duties as required.

LICENSES, TOOLS AND EQUIPMENT:

Personal computers, printer; word processing, database management and spreadsheet software; National Strength/Conditioning Training Certification or Collegiate Strength and Conditioning Coach Certification.

ENVIRONMENTAL CONDITIONS:

This position is not substantially exposed to adverse environmental conditions.

QUALIFICATIONS:

REQUIRED: Bachelor’s degree; minimum of 3 years of strength and conditioning coaching experience; professional credentials and membership in nationally recognized strength and conditioning organization (National Strength/Conditioning Training Certification or Collegiate Strength Coach Certification); current First aid, CPR and AED certification; demonstrated effectiveness and proficiency in teaching strength training and conditioning theory and techniques to student athletes; demonstrated leadership skills and the ability to work effectively with college students; demonstrated excellent verbal, written and organizational skills; demonstrated ability to interact with diverse groups; demonstrated commitment to a high degree of integrity and adherence to the University, NCAA, and Atlantic 10 Conference rules and regulations. Appointment is subject to NCAA violation report clearance.

PREFERRED: Master’s degree; previous Head Coach Strength/Conditioning training experience, as well as experience with Division 1 athletics and intercollegiate football.

ALL REQUIREMENTS ARE SUBJECT TO POSSIBLE MODIFICATION TO REASONABLY ACCOMMODATE INDIVIDUALS WITH DISABILITIES.