Job Description

Job Title: Head Coach, Strength and Conditioning
Reports to: Athletic Director
Department: Athletics
Position Type: Part-Time
Work Hours: Varies

About Brighter Horizons Academy:
Brighter Horizons Academy is a private high school dedicated to developing students into problem solvers, critical thinkers, effective communicators, technology users, and contributing members of a global society.

Job Overview:
The Head Coach, Strength and Conditioning, is responsible for leading and managing the strength and conditioning program for our athletic teams. This position plays a pivotal role in developing and implementing training programs to enhance athlete performance, prevent injuries, and promote overall health and wellness, while ensuring compliance with TAPPS rules, NFHS regulations, and other pertinent guidelines.

Responsibilities and Duties:
- Develop and oversee a comprehensive strength and conditioning program for all student-athletes.
- Design training routines focusing on improving strength, speed, agility, and endurance.
- Collaborate with sports coaches to tailor programs to meet the specific needs of individual athletes and teams.
- Monitor athlete progress and adjust training programs as needed to optimize performance and prevent injuries.
- Educate athletes on proper exercise techniques, nutrition, hydration, and recovery strategies.
- Maintain a safe and clean training environment, ensuring all equipment is in working order.
- Stay on top of trends and developments in strength and conditioning practices and ensure compliance with TAPPS rules, NFHS regulations, and other relevant guidelines.

Qualifications:
- Bachelor's degree in Exercise Science, Kinesiology, Sports Science, or a related field (master’s degree preferred).
- Certification from a recognized strength and conditioning organization (e.g., NSCA-CSCS, CSCCa-SCCC).
- Previous experience as a strength and conditioning coach at the high school level.
- Proficiency in exercise physiology, biomechanics, and sports nutrition.
- Excellent communication and interpersonal skills.
- Ability to motivate and inspire athletes to achieve their full potential.
Reporting Structure:
The Head Coach, Strength and Conditioning, reports directly to the Athletic Director and collaborates closely with other members of the coaching staff to ensure a cohesive approach to athlete development.

The salary for this position is commensurate with the candidate's qualifications, experience, and skillset.

Interested candidates should submit a resume, cover letter, and list of references to the Athletic Director at athletics@bhaprep.org.