



Position: Assistant Strength & Conditioning / Lifetime Fitness Coach

Position Summary

The Assistant Strength & Conditioning / Lifetime Fitness Coach supports the development of students and student-athletes in the areas of physical performance, personal/spiritual growth, and overall wellness. Working under the direction of the Strength & Conditioning Coordinator, this position assists with the instruction of Lifetime Fitness courses, weight room sessions, and athletic performance training throughout the school year.

This role supports the culture and mission of Westminster Christian Academy by helping develop disciplined, resilient, and well-rounded young men and women.

Program Pillars

The program is built on three core pillars:

- **Physical Development** – Strength, speed, power, mobility, movement quality, and injury reduction
- **Personal/Spiritual Development** – Accountability, discipline, leadership, work ethic, and character
- **Wellness Development** – Healthy recovery habits, load management, and sustainable training practices

Primary Responsibilities

Instruction & Coaching

- Assist with instructing Lifetime Fitness courses for grades 8–12

- Support the implementation of age-appropriate strength, speed, and conditioning programs for all sports
- Coach and supervise students and athletes in both class and training settings
- Teach proper lifting technique, movement mechanics, and safety standards
- Foster a positive, disciplined, and inclusive training environment

Training Support & Implementation

- Assist with in-season, off-season, and summer training sessions
- Provide feedback to students and athletes regarding effort, technique, and progress
- Help modify training sessions based on ability, sport demands, or injury considerations
- Model program expectations around behavior, accountability, and work ethic

Technology & Data Support

- Assist with TeamBuildr implementation, scheduling, and athlete tracking
- Support the use of performance technology (speed, jump, VBT tools, etc.)
- Help record, organize, and communicate relevant data to coaches and administrators

Facility & Equipment Support

- Help maintain a clean, organized, and safe training environment
- Assist with equipment set-up, breakdown, care, and inventory
- Support the coordinator in long-term planning for equipment needs

Collaboration & Communication

- Communicate clearly with the Strength & Conditioning Coordinator and sport coaches
- Support alignment between training goals and sport-specific needs
- Reflect the mission, values, and expectations of the athletic department in all interactions

Leadership & Professionalism

- Serve as a positive role model for students and athletes
- Promote character development, humility, integrity, and respect
- Demonstrate commitment to personal growth and professional development
- Uphold school and departmental standards and policies

Preferred Qualifications

- Bachelor's degree in Exercise Science, Kinesiology, or related field (not required but preferred)
- Experience working with middle school or high school students
- Familiarity with weight training, athletic development, or sport coaching
- Strong communication and relational skills
- Willingness to learn strength and conditioning systems, technology, and terminology

Desired Personal Attributes

- Student-centered and relational
- Team-oriented and mission-minded
- Humble, adaptable, and coachable
- Organized and consistent in expectations
- Passionate about developing the whole student-athlete

Work Environment

- Weight room and turf training spaces
- Fast-paced, high-energy student and team sessions
- Collaboration with multiple sport programs throughout the school year

Mission Alignment

This position exists to support the development of Better Men and Women for Christ through Athletics.