

St. Mary's Academy

Strength and Conditioning Coach

The Sisters of the Holy Names of Jesus and Mary founded St. Mary's Academy in 1859 and it is Oregon's premier college preparatory Catholic High School for young women. St. Mary's educates the whole person by nurturing spirituality, encouraging creativity, promoting justice and inspiring a sense of global interdependence to prepare students for service and leadership.

Position Available: Strength and Conditioning Coach Part Time, 12-month position

Major Responsibilities:

- Provide direction in strength and conditioning to all student athletes.
- Supervise the use of the weight room; during the months of September - May, 2 hrs./5 days wk. afterschool; June –August 2 hrs./3 days wk.
- Knowledge and implementation of proper lifting/conditioning exercises.
- Knowledge and implementation of nutrition conducive to performance enhancement.
- Work in collaboration with the school's coaching staff as a resource for strength and conditioning.
- Oversee the safety of the weight room; including the proper maintenance of weight equipment.

Qualifications:

- Successful strength and conditioning background or related job experience.
- Ability to perform all physical duties for this position, including ability to spot student-athletes in weight training/conditioning exercises..
- Current First Aid and CPR certification.
- Current certification in at least one of the following: NASM, NSCA, ACSM OR ACE
- Flexibility and initiative.
- Positive communication skills.

Closing Date:

June 16 or when filled

Application Guidelines

Download the **coaching application** from www.stmaryspdx.org .

Complete it and send along with a Letter of Inquiry and resume to Anna Maria Lopez, Athletic Director, St. Mary's Academy, 1615 SW 5th Ave., Portland, OR 97201 email to annamaria.lopez@smapdx.org.

St. Mary's Academy is an Equal Opportunity Employer