



# ST. FRANCIS COLLEGE

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## Assistant Strength and Conditioning Coach

### About St. Francis College:

We are committed to diversity, equity, and inclusion and serve one of the most diverse student populations in New York City and the country. St. Francis College has a 160-year history of serving New York City's low-income, working class and immigrant families, and a mosaic of diverse individuals, offering our students opportunity—the opportunity to pursue a college education that is accessible and affordable and to use their hard-earned degree and experience to build careers and achieve economic mobility. Today, St. Francis College's student body is 28% Hispanic, 24% Black, and 26% White. Over 60% of students are female and 47% receive federal Pell grants. Candidates who are culturally competent and have the professional skills, experience and desire to engage with a collaborative and diverse college and community, are particularly sought after for employment with the College. To learn more about St. Francis College and our commitment to diversity, equity and inclusion, please visit us at <https://www.sfc.edu/>.

**Job Summary:** Reporting to St. Francis College's ("SFC" or the "College") Director of Strength, Conditioning and Wellness in the Department of Athletics, the Assistant Strength and Conditioning Coach is responsible on a full-time basis for the design and implementation of strength training, conditioning and flexibility programs in consultation with the head coach of each sport and functional rehabilitation programs in consultation with the Athletics' training staff.

### **Duties and Responsibilities:**

- Supervise the development and implementation of strength, conditioning, and flexibility programs that meet the specific needs of each sport, designing both team and individual athlete programs.
- Work with athletic trainers to ensure that the strength, conditioning, and flexibility programs are fully aligned with rehabilitation programs of injured student-athletes.
- Provide instruction and daily supervision of the technical aspects of lifting during scheduled workouts.
- Supervise all strength and conditioning facility operations, including daily inspection of equipment and necessary maintenance to ensure safe operations.
- Design and conduct strength, conditioning and flexibility assessment program to identify deficiencies, track student-athlete improvements, and maintain computer records for the purpose of producing regular reports to Head Coaches.
- Maintain the highest level of communication with coaches to ensure adequate supervision of strength and conditioning programs and full alignment with each sports additional training demands.
- Oversee the fitness center to ensure the highest standards of cleanliness and equipment safety.
- Conform to the highest standards of professional conduct regarding compliance with department and institutional policies and procedures and adherence to the rules and regulations of athletics governance organizations of which the institution is a member.
- Contribute to the maintenance of good working relationships with all staff, student-athletes, and external constituents through: a positive and constructive approach to all tasks, respect for the competencies of others, and appropriate conflict resolution behavior.
- Perform other duties as assigned.

**Qualifications:**

- Bachelor's Degree in Physical Education, Kinesiology or related field; Certified Strength and Conditioning Specialist (CSCS) designation.
- At least one (1) year of professional athletic training experience in a higher education environment.
- First aid and Cardio-Pulmonary Resuscitation (CPR) certification.
- Strong verbal and interpersonal skills and able to quickly establish rapport with student-athletes and Athletics administration and coaches.
- Computer proficiency to include Microsoft Office and database programs.
- Communication skills and cross-cultural abilities to maximize effectiveness with diverse groups of students, colleagues and community members.
- Commitment to diversity, equity, and inclusion in the workplace, and efforts to embed it into the St. Francis College culture.
- Ability to interact collaboratively and professionally with diverse groups and constituencies throughout the College.
- Culturally sensitive with an understanding and appreciation of a multi-cultural college community and the Franciscan traditions of St. Francis College.
- Strong commitment to the College's mission and to its students, faculty and staff.

**St. Francis College is committed to providing opportunities to all persons without regard to sex, race, creed, color, religion, national origin, citizenship status, age, disability, marital status, gender identity or expression, predisposing genetic characteristics, status as a victim of domestic violence, sexual orientation, status as a Vietnam-era or special disabled veteran, or any other characteristic protected by law in its education programs and activities or employment. The College is an Affirmative Action, Equal Opportunity employer and we are strongly committed to equity and to increasing the diversity of our faculty, staff, students, and the curriculum. Applications by members of all underrepresented groups are encouraged.**

Interested applicants can apply by [clicking here](#).