



# Raleigh Swimming Association

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[www.swimrsa.org](http://www.swimrsa.org)

## **Position: Full-Time Strength and Conditioning Coach**

Reports directly to the Head Coach of the Swim Team

**Compensation Range:** \$40,000 to \$45,000 annually

**Benefits:** 403b, paid vacation and gratis programming

## **Introduction**

This full-time position is located at the Sonner Aquatic Facility, 1013 Jones Franklin Road, Raleigh, North Carolina. The position requires a minimum of twenty-five (25) hours per week coaching on deck, ten+ (10+) hours per week performing administrative responsibilities, and three+ (3+) hours per week participating in staff meetings and mentor meetings. Meet attendance, as determined by the Head Coach of the swim team, is expected. Weekend and evening hours are expected.

## **Primary Duties**

Responsibilities for this position include, but are not limited to, the following tasks:

- Developing and implementing a strength and conditioning program for all Sonner and Sunset athletes (other than introductory group athletes) that aligns with the in-water practices focusing on injury prevention and performance;
- Creating individualized laminated workout cards for all athletes thirteen (13) years old and older in four week phases (creation, submission for printing, collection and distribution);
- Maintaining a spreadsheet of all maximum lifts and best vertical leaps for all athletes thirteen (13) years old and older;
- Maintaining equipment in proper working order;
- Sanitizing equipment daily after practices;
- Preparing and disseminating group progress reports and report cards;
- Interacting in person, by phone and via electronic communication with parents and guardians swim team members;
- Attending swim meets as requested by the Head Coach or Head Age Group Coach of the swim team;
- Enforcing facility and swim team policies;
- Assisting in fundraising;
- Maintaining office hours at least once weekly;
- Participating in agreed-upon organization activities and organization related affairs, as directed by the Head Coach of the swim team, the Head Age Group Coach of the swim team and/or the Executive Director; and

- Assisting the Head Age Group Coach of the swim team, Head Coach of the swim team, and/or the Executive Director as needed.

**Required Skill Set:**

- A minimum of two years of strength and conditioning training experience
- NSCA Board Certified Strength and Conditioning Specialist
- CSCS Certification
- USA Swimming Coach credentials in good standing
- Current American Red Cross professional lifeguard certification
- NSCA Board Certified Strength and Conditioning Specialist

**Preferred Skill Set**

- Exceptional customer service skills
- Familiarity with Word
- Familiarity with Excel
- Familiarity with TeamUnify preferred

**Education Required**

- Bachelor's Degree or higher preferred