

Manheim Township School District
Fitness Center Proposal

Position:	Fitness Coordinator
Submitted by:	Roger J. Czerwinski, Director of Athletics
Rationale:	To provide supervision in the Human Performance Center and MT Cardio Room (lower weight room). The purpose of this position is to monitor the HPC and MT Cardio Room while students are working out and/or conditioning. This position will mandate Certification training (provided by MTSD).
Job Description	Under the direction of the Director of Athletics/Strength and Conditioning Coach, this person will assist in promoting fitness training, conditioning and proper nutrition. Job duties will include (but not limited to): Maintain a safe clean environment, be active and visible throughout the open hours, ensure that students are using and required to follow an approved workout program, conduct equipment orientations for students, counsel/motivate students regarding conditioning/weight training and nutrition, clean the HPC, safety checks of equipment, enforce all policies/procedures, supervise all students and maintain the organizational structure of the HPC.
History	Several years back, Manheim Township High School had the two fitness centers (Human Performance Center and Fitness Room) open 5 days a week 3:00 PM-4:30 PM. During this time, each center was staffed with school district personnel. On Monday, Wednesday, Fridays and additional person assisted in the HPC. The individuals were paid an hourly rate (\$12) or the weekly cost to the district was \$224.
Location	The Coordinator will utilize various areas for strength training/conditioning purposes including, but not limited to Human Performance Center, MT Cardio Room (lower weight room) and Arena Indoor Track.
Hours	The HPC will be open Monday-Friday 2:45 PM-4:30 PM throughout the school year (excluding holidays). Summer hours will be Monday, Wednesday, Friday 7:00 AM-9:00 AM. There may be additional training times based on the needs of the HPC. This training may be utilized as individual workouts (for student-athletes that sign up) or athletic programs. Teams will be encouraged to sign up for pre- and in-service training.
Proposed Stipend	Seasonal stipend up to \$2,000 (each sports season Fall, Winter, Spring). Dates would correspond with the athletic seasons (@ 60 days per season or 120 hours). Summer stipend of \$1000 (anticipated at least 35 days or 70 hours).
Purpose:	<ol style="list-style-type: none">1. Currently Manheim Township has a Weight Room Monitor for the second semester, with a stipend of \$2,700. This contracted position starts January and runs through the end of the school year. The position involves opening up the weight room and supervising the students. Exercise lifting prescriptions are not

established by this position so students are reliant on either contracting with a personal trainer for a program or internet research.

2. Manheim Township has a total number of 948 student-athletes (which includes 241 multiple sport athletes) for the 2016-2017 school year. For 2015-2016, there were 980 student-athletes (244 multi-sport athletes). The athletic department serves 23 Varsity Programs. Out of these programs, at least 14 of them utilize the HPC when available.
3. During the past two school years, the HPC was booked for team usage 679 times. This includes anytime a coach manually enters workouts in our Daypress program. It does not include the personalized/team instruction where coaches use areas other than the HPC (Arena/North/South Gym, Arena track, HPC Lobby Arena, Arena Indoor Track area).
4. The Fitness Coordinator would work directly with Athletic Teams in scheduling the HPC to avoid conflicts with both teams and individuals. Consult with Strength and Conditioning Coach while coordinating with coaches in development of exercise prescriptions to enhance the student's physical preparation.
5. The Fitness Coordinator will assist Certified Athletic Trainer with supervision of rehabilitation programs.
6. The Fitness Coordinator will provide all students with the opportunity to utilize the fitness center regarding programs in which they participate.
7. The Fitness Coordinator provide students, not involved with athletics, an opportunity to utilize the HPC beyond the regular school day.
8. The Fitness Coordinator will ensure that the facility is secure following use by those under supervision.
9. The Fitness Coordinator will ensure equipment is cleaned daily and in functional order.
10. The Fitness Coordinator will communicate budgetary needs to the Athletic Director/Principal.