

Manheim Township School District
Fitness Center Proposal

Position:	Strength and Conditioning Coach
Submitted by:	Roger J. Czerwinski, Director of Athletics
Rationale:	To provide coverage in the Human Performance Center where a certified specialist offers safety and proper lifting techniques along with state of the art strength/conditioning programs that incorporate Nutrition. The purpose of this Coach is to improve athletic performance, which involves improving MT athletes' speed, strength and power (specifics will vary according to sport and level). The conditioning aspect involves developing a systematic training for teams as well as individuals, working directly with coaches.
Job Description	Under the direction of the Director of Athletics along with input from the Certified Athletic Trainer and coaches, the strength and conditioning coach is a fitness and physical performance professional who implements exercise prescription specifically, but not limited, to improve the performance of competitive athletes. Strength and conditioning coaches also help athletes with injury prevention and proper mechanics within their sports performances. Occasionally, this coach will work directly with the ATC to provide rehabilitation to student-athletes. (Complete job description will be provided as needed)
History	Manheim Township has had a volunteer coaching acting as a Strength and Conditioning Coach on site providing training since 2008. Most recently, this individual has contracted services to five of our booster clubs: Football, Girls Volleyball, Boys Soccer, Field Hockey, and Boys Lacrosse. In addition to working with teams, he provides individualized training monthly to 35-40 Manheim Township Student-Athletes. Each of the last three summers, he has offered a summer camp introducing students to strength training/weight lifting, conditioning and nutrition.
Location	The Coach will utilize various areas for strength training/conditioning purposes including, but not limited to Human Performance Center, MT Cardio Room (lower weight room), Arena Indoor Track, North/South Gyms, Arena, HPC Lobby Area, Turf Fields and occasional classrooms.
Hours	Strength and Conditioning Training will take place throughout the entire year (including summers) on Monday, Wednesday, Fridays 2:45-4:45 PM (Summer hours will be 6:30 AM-9:00 AM). This training can be used 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. There may be additional training times established with teams/individuals on an as needed basis.
Proposed Stipend	Annual stipend of \$8,000. Since this is a year round position, the minimum anticipated hours of service are 292 hours.

Purpose:

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 High School 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). Most of the time, coaches (lacking certification) monitor the student-athletes and develop programs based on internet expertise.
4. The Strength and Conditioning Coach in conjunction with the Certified Athletic Trainer will arrange and perform functional movement screenings. These screenings would include but are not limited to biomechanical studies, strength testing and recommendations for injury prevention.
5. A large component of the Strength and Conditioning Coach is to take the information collected from the screenings and incorporate preventative measures to ensure proper fundamentals when prescribing exercise programs. For the 2016-2017 school year, our Certified Athletic Trainers have provided 1695 treatments (through March 31, 2017). While not all treatments are preventable, it is our goal that providing safer environments will reduce these numbers. (1582 treatments for 2015-2016).
6. The Strength and Conditioning Coach will work directly with our Team Doctor, Certified Athletic Trainer and Nutrition teachers to monitor the diets of our students and when necessary, work one-on-one with students needing assistance.