

# UNIVERSITY OF DALLAS

Job Number: 11588UD

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## Strength and Conditioning Coach - Men's & Women's Lacrosse

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### WHO WE ARE

The University of Dallas (UD) is a Catholic liberal arts university known for its excellence in academics. We have consistently ranked as one of the top regional universities in the country, holding a place on both U.S. News & World Report's list of the Best Regional Universities (West) and Forbes' Best Value Colleges. We are dedicated and guided by our [mission](#) and thrive on professional development, a family-oriented environment, rich traditions and exceptional employee benefits.

### SUMMARY

The Strength and Conditioning Coach is responsible for establishing and maintaining a strength and conditioning program for the Men's and Women's Lacrosse programs. The main goals of the strength and conditioning program will be to improve athletic performance, reducing athletic injuries, and teaching lifelong fitness and movement skills.

The Strength and Conditioning Coach devises training plans according to sound scientific principles, supervises training sessions, evaluates athletes, maintains athlete records, and teaches strength and conditioning exercises as needed. The Strength and Conditioning Coach coordinates with the Men's and Women's Lacrosse Head Coaches to determine what the athletes need to work on. If working with an injured athlete to engage in rehabilitation. The Strength and Conditioning Coach will consult with the sports medicine or athletic training staff.

### PRIMARY RESPONSIBILITIES

- Design and implement strength training and conditioning programs in-season, off-season, and pre-season for all Men's and Women's Lacrosse student-athletes in a manner that reflects research-driven practices.
- Design and implement policies and procedures for the strength and conditioning program per NSCA Strength and Conditioning Professional Standards Guidelines.
- Develop systems for tracking athlete attendance and progress in conjunction with the Men's and Women's Lacrosse Head Coaches.
- Conduct a needs analysis for each student-athlete and an overall one for the Men's and Women's Lacrosse programs after the fall and spring semesters.

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## MINIMUM REQUIREMENTS

- BS in Kinesiology or related field.
- A current relevant professional certification credentialed by an independent accreditation agency (The NSCA Certified Strength and Conditioning Specialist® (CSCS®)).
- Current standard first aid, cardiopulmonary resuscitation (CPR), and automated external defibrillation (AED) certification.
- A strong working knowledge of teaching skills in analysis and techniques of strength training.
- Experience and/or expertise in strength and conditioning programming for student-athletes at various levels of skill and experience.

## KNOWLEDGE, SKILLS AND ABILITIES

- Evidence of the ability to interact positively with student-athletes, colleagues, and the public.
- Evidence of strong organizational skills and effective oral and written communication skills.

## ADDITIONAL INFORMATION

- Knowledge of universal hygiene precautions.
- Knowledge of current NSCA Strength and Conditioning Professional Standards and Guidelines.
- Must know how to operate strength and conditioning equipment, automated defibrillator (AED), and sports aid equipment.

## BENEFITS

UD provides competitive pay and benefits, including eligibility to participate in medical, dental, life and disability insurance; employee events; a health and wellness program; a free fitness center; competitive leave programs; tuition for employees and their families; and matching retirement plan contributions.

If this sounds like the job for you, apply online at: <https://hr.udallas.edu/apply/>

**The University of Dallas seeks to recruit, develop, and retain faculty, staff and administration of the highest caliber.**

**The University is an Equal Opportunity Employer, and encourages applications from female and minority candidates and others who will enhance our community and advance our Mission.**