



HOBART AND WILLIAM SMITH
COLLEGES

POSITION DESCRIPTION

POSITION TITLE: Graduate Assistant: Coach for HWS Strength and Conditioning (2024-2025)
LOCATION: Geneva, NY

POSITION SUMMARY

Hobart and William Smith Colleges is accepting applications for admission into the [Master of Arts, Higher Educational Leadership program](#). Our two-year Master's in Higher Education Leadership (MHEL) program will prepare you to challenge the current state of higher education and lead the change needed to support the next generation of college students. Courses encourage you to analyze and critique the history and policy of higher education, identify ways to move the needle on belonging, diversity and equity initiatives and investigate leadership and innovation techniques. Admission is on a rolling basis, with a priority deadline of March 1, 2024, for the 2024-2025 academic year for both Graduate Assistantships and admission. The program boasts a wide array of Graduate Assistantships which include tuition remission in the HWS MHEL program and a \$20,000 stipend.

The Graduate Assistant Strength and Conditioning coach will be responsible for the design and implementation of year-round, sport-specific training programs for several varsity teams as assigned. This individual will also assist the Head Strength and Conditioning Coach in the implementation and supervision of sport-specific training programs for other intercollegiate teams as needed. The Graduate Assistant Strength and Conditioning Coach will ideally be able to effectively train large groups, motivate athletes, instill competitiveness, and have the ability to collaborate and compromise. In addition, the individual will provide support, as needed, in the overall development and management of the Raleigh-Foley-Kraus Varsity Strength Training Center (RFK) in Bristol Gymnasium as well as a Satellite Weight Room in Bristol Field House. The individual should possess excellent leadership skills and have a strong desire to serve as a collegiate strength and conditioning coach.

Essential Responsibilities

- Assist Head Strength and Conditioning Coach in consulting with head coaches to determine team and individual strength, fitness, and conditioning needs.
- Design and implementation of sport-specific training programs for teams as determined by the Head Strength and Conditioning Coach. Emphasis of programming on injury prevention and performance enhancement of student-athletes.
- Design and implementation of sport-specific speed and agility programs.



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- Implement appropriate testing methods to assess fitness levels of athletes' pre- and post-season.
- Demonstrate and monitor proper technique in a variety of exercises that will be utilized in the strength and conditioning program, including but not limited to, Olympic lifts, strength and power training, speed/movement skills, flexibility and conditioning.
- Collaborate with the HWS Athletic Training staff to develop and implement injury prevention programs and accommodate injured student-athletes to facilitate return to play.
- Support education of student-athletes on proper nutrition, sleep, recovery and other healthy living aspects
- Provide support in maintaining an environment in RFK that is marked by the highest priority on safety, attention to detail, respect for all, commitment to improving, and teamwork.
- Help oversee the general maintenance of RFK to ensure it is both safe and impressive for current and prospective HWS student-athletes.
- Available to work a flexible schedule involving early mornings, evenings and/or weekends as needed (*flexible around academic and class requirements)
- Research and remain current on developments in the strength and conditioning field.
- Have a willingness to learn and improve as a strength and conditioning professional.

Other Responsibilities:

- Demonstrate an awareness of and sensitivity to unique social, cultural, and economic circumstances.
- Demonstrate knowledge for the Colleges' educational philosophy and mission.
- Performs other related duties as required.

Other Information:

This is a part-time, temporary, non-benefits eligible position. This position description is not all-inclusive as other tasks or responsibilities may be assigned.

Qualifications:

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- Bachelor's degree is required and a minimum of one year of leadership experience, preferably experience related to the area (Exercise Science or related field).
- Demonstrates an ability to work with a diverse group of people and enjoys spending a significant amount of time with people.
- Student centered and with a team approach to success.
- Should be detail oriented and organized.



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- Must bring positive energy and a sense of humor to the work.
- The ability to develop knowledge of, respect for, and skills to engage with those of other cultures or backgrounds is required.
- Other requirements include:
 - Applicants must hold or be willing to work towards completion of a nationally recognized strength and conditioning certification (e.g. NSCA-CSCS, CSCCa, USAW). CPR/AED and First Aid certification is required, and can be obtained on the job once hired.
 - Candidates must demonstrate an ability to teach, lead and counsel college student-athletes.
 - The candidate should have knowledge of NCAA Division I and Division III rules related to strength and conditioning. Preferably the individual should have at least one prior strength and conditioning placement, internship or experience.

Terms of Employment:

- Must maintain a cumulative GPA of a 2.75.
- Employment begins August 1, 2024, and ends May 31, 2025

All Graduate Assistantships must be accepted into the [Master's of Arts in Higher Education Leadership](#) at Hobart and William Smith Colleges as full-time students, as Graduate Assistantships have a maximum term of two consecutive years. Maintaining good academic standing, contributing in the classroom setting, managing their time effectively and balancing their schoolwork along with their GA duties is a priority for all parties.

[Click here to apply for position](#)