



USS STRENGTH AND CONDITIONING COACH

POSITION SUMMARY

US Speedskating (USS) is looking for a full time Strength and Conditioning Coach to become a member of our High Performance staff. Our multifaceted/hands-on approach to Performance Enhancement will be the perfect environment to gain valuable hands on skills while working alongside elite level athletes. The Strength and Conditioning Coach will be crucial to creating a training environment that will inspire athletes to reach their potential and will play an intricate role in enhancing the performance of USS athletes leading into the 2026 Olympic Games.

The USS Strength and Conditioning Coach reports to the USS High Performance Director (or designate) and follows the day-to-day direction from the Short Track & Long Track Head Coaches. The position is intended to be a full time position at ~40 hours/week. Hours may vary throughout the year ranging from 8-12 hours a day with heavier volume and commitment necessary during the peak skating season. 4-8 weeks of travel during the year is required (usually no more than 2-3 weeks per trip) with many evenings and weekends being required, as much of the sporting environment occurs during non-office hours.

QUALIFICATIONS:

- Bachelor's Degree in Exercise Science-related field required
- Master's Degree in Exercise Science-related field preferred
- NSCA or CSCCA Certification required
- 2+ years minimum S&C experience at the Collegiate, Professional or Olympic level
- Successful completion of USS Background Screen
- Successful completion of Safesport and USADA Coach's Advantage Training
- Familiar with ForceDecks, ForceFrame, 1080 Sprint & GymAware Technologies preferred
- Familiar with Velocity-Based Training Principles preferred
- Utilizes frequent assessments to drive programming
- Ability to communicate well with all staff and athletes
- High Energy individual that facilitates a competitive training atmosphere
- Valid Passport with acceptable expiry date for seasonal travel

GENERAL RESPONSIBILITIES:

- Serve as the Strength and Conditioning Coach for the National Team & Developmental Training Programs in Salt Lake City (Long Track, Short Track, FAST) to improve performance through developing, implementing and evaluating Speedskating specific strength and conditioning programs.
- Develop, deliver and oversee strength and conditioning services for skaters and coaches that effectively meet their needs with the highest professional standards.
- In close collaboration with the National Team Head Coaches, actively contribute to and provide support for all training aspects of the weekly, monthly, annual, and quadrennial training plans.



- Provide information on athlete monitoring and performance assessments using various forms of technology and sports science strategies to objectively drive each athlete's training program and measure improvement.
- Regularly assess each athlete's training load and daily readiness in hopes of understanding of how athletes are responding to training and addressing the training and recovery process through collaboration with National Team Head Coaches and support staff.
- Use sports specific data to develop and understand the key performance indicators (KPIs) in speed skating.
- Utilize research methodologies and technologies to monitor and train metrics in order to improve and sustain success in training and competition.
- Develop individualized training programs based of various forms of technology and assessments to detect deficiencies in strength, speed, power, capacity, and movement.
- Assist in supporting identified developmental athletes with a strength and conditioning program that effectively meets their needs.
- Assist in the coordination of the overall performance enhancement program with the USS High Performance Staff.
- Organize and assist with seminars, education courses, online content, training camps, articles for publication, etc.
- Maintain own continuous professional development at the highest level.
- Effectively create and manage weekly Weight Room Utilization to optimize flow and efficiency.
- Create, build and sustain harmonic working relationships with the High Performance Division, Executive Director, Board of Directors, USS Staff and all National Team Coaches.
- Coordinate with the High-Performance Division (and coaches) all Strength and Conditioning equipment needs and, once approved, follow through with the implementation and integration into the programs.
- Coordinate, with approval of the High Performance Director, additional needs for Strength and Conditioning services.
- Assist HP Department with additional tasks when needed.

COMPENSATION AND BENEFITS:

Full time position located in Kearns, Utah. Salary Range \$45,000 - \$55,000. Comprehensive benefits package Included.

APPLICATION PROCEDURES & DEADLINE:

To apply, please email the following documents to Shane Domer, USS High Performance Director @ sdomer@usspeedskating.org.

- Cover letter
- Resume
- (3) professional references

Applications will be accepted until **August 1, 2022**