



**Our Mission:** to help every athlete reach his or her full athletic potential, regardless of age, gender, limitation, sport, or natural ability.

## Seasonal Performance Coach

### POSITION OVERVIEW

This position is directly responsible for the development and implementation of large group performance training programs for the Michael Johnson Performance Center's off-site performance program. The seasonal performance coach will work directly with the Athlete Development Coordinator on all aspects of implementing a performance program including: implement athlete assessment protocols, implement MJP training methods, manage class time and maximize efficiency in an offsite school space. The seasonal performance coach must be able to communicate the performance training philosophy methods and relay to athletes and school coaches to increase athletes' education, commitment and training experience. This position also requires the coach to be an ambassador of the Michael Johnson Performance (MJP) program by representing the MJP core values and principles of the organization.

### ESSENTIAL RESPONSIBILITIES

- Report directly to Athlete Development Coordinator
- Assist in large group training and planning for all off-site logistics
- Assist in motivating athletes to perform up to their potential
- Assist in assessments/testing for all off-site athletes
- Assist in data entry of performance results under supervision of Evaluation Specialist
- Educate coaches/parents/athletes of MJP training protocols and methodology
- Assist intern/extern in setting up MJP strength system, movement system, CETs and facility flow
- Assist in creating education material on human performance

### SKILLS, KNOWLEDGE & ABILITIES

- General knowledge of physical training
- General knowledge of anatomy and biomechanics
- Good communications skills

### TECHNICAL SKILLS & BACKGROUND

- Preferred background in sport participation and competing for sport

### EDUCATION & QUALIFICATIONS

- Pursuing a Bachelor's or Master's degree in health/sports related field, or equivalent experience in sports, training, and/or fitness industry

### HOURS SUGGESTED/STATUS

- Monday-Thursday; Part-Time 20 hrs per week

### COMPENSATION

- \$10.00-\$12.00/hr

\*compensation based on experience, certification and results.