



## Upper School Strength and Conditioning Teacher

### About TFS

Tallulah Falls School is an independent, coeducational college-preparatory boarding and day school nestled in the northeast Georgia mountains serving more than 500 students in grades four-12. Our students, faculty, staff, parents, and supporters form a close-knit school family where everyone feels a sense of belonging and purpose. We all work together as a team to accomplish a common mission.

### Job Summary

Tallulah Falls School seeks a Strength and Conditioning Teacher in the Upper School. This individual is responsible for providing programming and instruction that includes but is not limited to safety, education, and proper technique of resistance training, nutrition guidance and basic recovery techniques and modalities to enhance sports performance and fitness adaptation. The candidate must possess a desire to be a part of a special team to capture hearts, elevate character and intellect, and prepare our students to thrive in life. **Preferred candidates will contribute to the academic and extracurricular life of the school through a willingness to coach and/or sponsor a club.** Salary is commensurate with education and experience. Those fortunate enough to influence young lives at TFS receive a competitive benefits package.

### Responsibilities

- Create lesson plans based on appropriate safe, effective, progressive, and functional resistance training regarding long term development and present fitness level.
- Work in cooperation with and communicate often and effectively with the Sports Medicine Director, Sports Fitness Center Director, and coaches in regards to needs of sport fitness development, seasonal adjustments, and individual fitness.
- Design and implement testing and measurement of student training.
- Keep the Sports Fitness Center neat, clean, and a source of pride.
- Create a culture of GREAT within the program that exudes attention to detail.
- Successfully completes training and educational courses as required.
- Coach two seasons
- Other duties as assigned.

## **Requirements & Qualifications**

- Bachelor's Degree in Exercise Science, Kinesiology, Human Performance, or similar required.
- Professional certification preferred through NSCA or USTFCCCA.
- Current CPR/AED certification or willingness to immediately obtain.
- Strong working knowledge and teaching skills and methodology of instruction in analysis, techniques, and measurement of biomotor abilities (strength, speed, stamina, mobility, coordination).
- Definitive experience and/or expertise in sport and fitness programming for high school populations.
- Distinct motivational ability.
- Ability to interact positively and effectively with students, staff, and parents.
- Distinguished organizational skills and productive oral and written skills.
- Add prominent value to the program.

## **Standard Physical Requirements:**

- Must be able to sit and/or stand for an extended period of time.
- Must be able to bend, reach, lift and climb.
- Must be able to constantly operate a computer, and other office machinery, such as calculator, copy machine, computer printer.
- Must be able to understand written and verbal instructions.
- Must be able to communicate and respond to questions from various levels with the organization.
- Must have manual dexterity sufficient to perform specified duties.
- Must be able to lift, carry, move and handle equipment, boxes weighing up to 50 pounds.
- Must be able to possess basic mathematical skills: addition, subtraction, multiplication, and division.

In addition to completing the employment application, interested candidates should email a cover letter, resume, and a list of three professional references to the attention of Kim Popham at [upperschooljob@tallulahfalls.org](mailto:upperschooljob@tallulahfalls.org). No phone calls, please. The employment application can be found here- <https://www.tallulahfalls.org/about/employment-opportunities.cms>

*Tallulah Falls School is an equal opportunity employer.*

*All job applicants at TFS will undergo testing for the presence of illegal drugs as a condition of employment. Any applicant with a confirmed positive test result will be denied employment. Applicants will be required to submit to a specimen test at a laboratory selected by Tallulah Falls School and sign a consent agreement to release TFS from liability.*