



MISSISSIPPI COLLEGE

Department of Athletics

Assistant Athletic Director for Sports Performance

Athletics

Regular Full-Time Position

General Description

The Assistant Athletic Director for Sports Performance reports directly to the Director of Athletics and is responsible for the overall development, management and implementation of a comprehensive strength and conditioning program for all of the University's 17 varsity programs. This includes providing the resources to improve physical performance, decrease the potential for injury and provide nutritional education to perform at their best. Additionally, all institutional staff members are required to abide by the rules and regulations established by Mississippi College, the Gulf South Conference and the NCAA.

Primary Duties and Responsibilities

- Carry out all aspects of the Sports Performance Program necessary to accomplish objectives and meet the mission of the Athletic Department, the University, the Gulf South Conference and the NCAA.
- Work closely with the sports medicine staff to ensure student-athlete safety and welfare during strength and conditioning activities, as well as the medical status of respective athletes and monitoring the status of rehabilitation of athletic related injuries.
- In consultation with the Athletic Director select, supervise and evaluate assistants, interns, student assistants and graduate assistants.
- Develop and execute sport appropriate strength endurance, flexibility and agility programs
- Instruct student-athletes on proper technique and execution of lifts, free weight exercises, flexibility, plyometric training, agility movements, speed development, aerobic and anaerobic conditioning, and all other parameters of sport training.
- Serve as the university's liaison between the student-athletes and Drug Free Sport as it relates to supplements.
- Engage in professional development activities in order to stay abreast of current trends, policies, guidelines in the field as it relates to intercollegiate student-athletes.
- Assist in Fundraising in both the Sports Performance area and with other major fundraisers in the Athletic Department, in consultation with the Office of Advancement and the Director of Athletics.
- Attend Athletic Department/campus staff meetings as scheduled.
- Perform other job-related duties as assigned.

Essential Functions

- Ability to be proficient in sports performance domains including: strength, agility, conditioning and nutritional supplements.
- Ability to comply with all policies and regulations of the University, the Gulf South Conference and the NCAA.
- Ability to effectively operate a computer and the necessary software to effectively document injuries
- Ability to communicate effectively and appropriately.

- Ability to maintain confidentiality of records and other sensitive information.
- Ability to maintain files accurately, in paper and software programs.
- Ability to interact and establish an effective and appropriate relationship with diverse populations, the athletic department staff, the University community and the public.
- Ability to handle multiple tasks simultaneously.
- Ability to demonstrate fiscal responsibility with the program's budget.
- Ability to interpret and follow departmental and university policies as outlined in the Policy & Procedures manual.

Minimum Qualifications

- Bachelor's degree in Exercise Science, Kinesiology, or other Health related field
- National Certification either through
 - Strength & Conditioning Coach Certified (SCCC) through Collegiate Strength & Conditioning Coaches Association (CSCCA) or
 - Certified Strength & Conditioning Specialist (CSCS) through the National Strength & Conditioning Association (NSCA)
- Valid First Aid, CPR and AED certification through the American Red Cross or American Heart Association
- Valid Driver's license
- A background check will be required of the successful applicant.
- A drug screening will be required of the successful applicant.

Additional Preferred Qualifications

- Master's degree
- 3-5 years of work experience in the field

Performance Evaluation

- Job performance is evaluated annually according to the procedures approved by the President of Mississippi College and adopted by the Mississippi College Board of Trustees.