

Strength & Conditioning Coach

Job Description



About Accelacare Performance & Wellness

Accelacare Performance & Wellness (P&W) is a branch of Accelacare Physical Therapy, the leading outpatient physical therapy clinic in Garden City, which provides top-quality physical therapy to patients from Garden City and surrounding communities.

Accelacare P&W is the premier strength & conditioning program, offering personalized strength, conditioning and nutritional services to athletes and community members in Garden City and across Western Kansas. Formed in 2023, P&W has offered personal training for local athletes, young professionals, those training for long-distance runs, and older people looking to get back into shape. P&W also offers group training and dietitian consults for local firefighters through its partnership with the City of Garden City.

The goal of our P&W branch is twofold:

1. **Performance** - For athletes, we aim to deliver training and nutrition advice that they need to perform and compete at an elite level. We will achieve this by partnering with local athletic departments and club teams across SW Kansas, developing an in-depth understanding of each athlete's goals and constructing personalized training and nutrition programs for them. To make sure athletes from all socioeconomic backgrounds have access to our program, we offer free and paid clinics as well as group training.
2. **Wellness** - For non-athlete community members in SW Kansas looking to improve their quality of life, we aim to share nutrition and exercise information so that they can live longer, healthier, and have more productive lives. We will achieve this by partnering with local businesses and government institutions which will allow us to fund our P&W program so people of all socioeconomic levels can gain information from us. The Strength & Conditioning coach will play a vital role in our vision by being the primary teacher of health & exercise information to the community.

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Compensation and Benefits

- Payment per completed session (including corporate partnerships): \$18-\$20
- Hourly non-session compensation of \$18-20
- Competitive Benefits (offered to full-time employees)
 - Health (medical), Dental Insurance
 - Company 401K contribution of 3%
 - 3 weeks PTO and 10 days of sick leave
- Mentorship resources to support your interests
 - Weekly 1:1 mentorship meetings with a licensed Athletic Trainer with significant experience in high school and college athletics
 - Opportunities to receive funding for continuing education courses
- Opportunities for career and salary progression
- Flexible schedule

Responsibilities & Day-to-Day Roles

- Obtain your CSCS or ACSM Health Fitness Specialist certification within first 6 months of employment
 - Compensation will be increased upon obtaining a CSCS or equivalent certification
- Provide 1:1 personal training
- Provide group training sessions
- Deliver coaching to employees of P&W's corporate partners
- Work with P&W's marketing team to generate social media content, including creating videos and pictures of yourself and others
- Host clinics and other events to market P&W's program

Requirements

- Strong interpersonal communication & listening skills
 - Ability to interact positively with patients with all backgrounds
 - Ability to lead group exercise
- Basic understanding of S&C programming & implementation
 - Ability to program, track and document client sessions
- Background in Exercise Science/Kinesiology and/or Musculoskeletal Anatomy & Exercise Physiology
- Strong time management skills as client sessions & schedules change
- Ability to adapt and adjust accordingly to client limitations, equipment malfunctions, atmosphere, etc. within a growing business
- Basic knowledge of Microsoft Word / Google Docs and Excel / Google Sheets