

STRENGTH COACH

Want to impact the next generation of track and field athletes? We are one of the few distance running clubs across the US committed to strength and conditioning. We have seen the benefits of having this be a cornerstone of our program with limited injuries and better results. In this role you will oversee our strength and conditioning program for Peak Performance Running athletes and the other team sport athletes we train.

Busy seasons are Summer and Winter, but opportunities exist to work with athletes year-round. Our high school athletes are in the weight room 2x per week and middle school athletes are in the gym 1x per week. You will work in an 8,000 square foot facility with great training tools including racks, turf, kettlebells, etc.

Responsibilities

- Candidate will be responsible for setting up the training program to include progression and individualization, where possible, for athletes focusing on different race distances
- Candidate will complete performance testing throughout the season to receive feedback
- This job will predominantly consist of group training sessions but 1:1 sessions are an opportunity

Qualifications

- Candidate should have experience as an athlete and a good understanding of the demands of cross country and track and field.
- Candidate should understand how to work with different learning styles and be prepared to teach movement mastery to all athletes
- Experience working with teams, athletes or individuals to motivate and reach an end result
- Available for in person training sessions most weekday evenings
- Is a self-starter and can manage programs and groups without much oversight
- Pays attention to the small details as well as understands the big picture

Minimum Requirements:

- Candidate must possess strength training certification (NSCA CSCS preferred)
- SafeSport certification upon acceptance of position
- Pass our background check
- Comfortable with or willingness to learn Google email, spreadsheets, and documents.
- Minimum of Basic First Aid and CPR from a nationally recognized provider.
- Ability to spend 3-5 hours per day moving, lifting, walking, squatting.
- Ability to lift up to 50 pounds.
- Experience with track and field high school or collegiate athletes in the group setting preferred, but not required.

Working with us you'll enjoy:

- Competitive pay of \$40-55 per hour. Pay is commensurate with experience
- The opportunity to impact young lives through sport
- A driven and committed team of seasoned pros to hang out with

How to Apply:

- Share a 90 second to 3 minute video of yourself with the following
 - Introduce yourself
 - Share your background
 - Why you're a good fit for this position
- Submit an email to Coaches@peakperformrun.com with answers to the following questions and a link to your video on Vimeo or YouTube. We will review and get back to you as soon as possible.

Applicant Questions

1) We have 4-month buildup to track season each winter. How would you differentiate the strength training for our sprinters and mid-distance/long-distance track athletes?

2) Review the core values listed in the About section below. Share how you live two of the values out in your everyday life.

About Peak Performance Running

Peak Performance Running was started in 2017 with a mission to foster a lifelong love of running. We train year-round on the trails, track, and roads and in the gym serving athletes ages 8-18 in the Golden, Colorado area. We are committed to supporting athletes of all abilities with an interest in running. We host all comer track meets, summer running camps and clinics.

At Peak our core values guide every decision we make. These values shape how our coaches lead athletes, how athletes interact with each other and our business strategy.

Ownership- We take responsibility for our actions. We hold each other accountable for the goals we set for ourselves.

Comradery- The community is what makes this team. We live for the daily moments that make up the training journey.

Gratitude- We trade expectations for appreciation. Show appreciation for the competition, officials, coaches, and teammates and all they have taught you.

Excellence- It's how you pursue your passion and what you strive to achieve in every session you lace up.

Curiosity- We seek out knowledge and opportunities. Each workout is an opportunity to test our limits and see what we are truly capable of.