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- 📷 [fuzion5athletics](https://www.instagram.com/fuzion5athletics)

WE ARE **HIRING!**

We are seeking a dynamic and knowledgeable Speed and Strength Coach to join our team, specializing in the development of athletes in high school sports. The ideal candidate will possess a strong foundation in strength training, speed development, and athletic conditioning, with a passion for working with young athletes ranging from ages 8 to high school level. This coach will be responsible for designing and delivering effective, sport-specific training programs that promote overall athleticism, enhance performance, and reduce injury risks.

KEY RESPONSIBILITIES

Education & Leadership:

- Mentor athletes on proper nutrition, recovery, and mental strategies for peak performance.
- Educate athletes on the importance of strength and conditioning in their overall development as athletes.
- Promote a positive and motivating training environment, fostering a culture of hard work, discipline, and sportsmanship.

Skills & Knowledge:

- In-depth knowledge of strength training, speed development, agility, flexibility, and injury prevention.
- Ability to coach and communicate effectively with young athletes, motivating them to reach their full potential.
- Strong understanding of sport-specific performance requirements and how to enhance them through strength and conditioning.

Athlete Development:

- Work with athletes from elementary through high school age, with a focus on building foundational skills in strength and speed.
- Teach athletes proper lifting techniques, mobility drills, and speed/agility exercises.
- Monitor individual progress and adjust training loads to ensure safe, effective development.
- Provide individualized coaching and feedback to help athletes improve their performance both in practice and competition.

Physical Requirements:

- Ability to demonstrate exercises and techniques as needed.
- Ability to lift and move equipment, as well as monitor athletes during physical activity.

Program Design & Implementation:

- Develop and implement age-appropriate, progressive training programs that focus on speed, strength, agility, and overall athletic development.
- Tailor programs to the specific needs of athletes in different sports (e.g., football, basketball, soccer, track, etc).
- Emphasize the importance of proper biomechanics, injury prevention, and mobility to support long-term athletic development.
- Cover different skill levels and classes Monday-Thursday.
- Will have availability to use extra hours for ongoing clients of their own.

Experience and qualified certifications are preferred, willing to work with the right candidate.

- ✉ Email info@fuzion5.pro with your resume to be considered.

