

UNIVERSITY OF MAINE  
Sports Performance Coach

**DEPARTMENT:** Athletics

**DATE:** March 16, 2026

**REPORTS TO:** Director of Sports Performance Coach.

**Purpose:** The Sports Performance Coach's primary function is to oversee the physical development of the student-athletes at the University of Maine, while providing the safest possible environment.

**ESSENTIAL DUTIES/RESPONSIBILITIES:**

- Develop and implement year-round sports performance programs for assigned teams
- Design and implement nutritional counseling for student athletes
- Coordinate rehabilitation with the Sports-Medicine staff
- Teach Olympic lifting progressions
- Create short and long-term training prescription with coaching staff
- Communicate student-athlete's progress with coaching staff
- Directly supervise strength and conditioning training for assigned teams as well as assist with additional team workouts
- Oversee the daily operations of the Sports Performance Facility (cleaning, equipment storage)
- Assist the Director of Sports Performance with mentoring interns
- Perform other reasonably related duties as assigned by the Director of Sports Performance.

**KNOWLEDGE & SKILL QUALIFICATIONS:**

- Bachelor's Degree required, master's degree in related field preferred
- Certified through the National Strength and Conditioning Association (CSCS), or the

Collegiate Strength and Conditioning Coach Association (CSCCA) required

- One to three years coaching at the collegiate level required
- Working knowledge of data tracking systems and technology for assessing training impact preferred
- Excellent organizational, communication, and computer skills required
- Must possess a current CPR certification at time of hire or must attain one within 1 month of the date of hire.
- Must demonstrate knowledge of NCAA rules and regulations.
- Ability to lift to fifty pounds
- Working knowledge of the maintenance and repair of athletic strength and training equipment and facilities.

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- Successful supervisory experience
- Ability to demonstrate and communicate proper spotting and lifting techniques

**Supervisory Responsibility:** Part-time staff and interns.

**Work Environment:** Normal University of Maine business hours are Monday through Friday

8:00am to 4:30pm. Work beyond regular hours (including nights and weekends) will be

necessary to meet the requirements of the position. Athletic events and activities will impact on the incumbent's work schedule.

**Work Year:** Fiscal

**Position Type:** Full-time ongoing, base budgeted.

**Schedule for Evaluation:** During the initial 6 months of employment and annually thereafter in accordance with the UMPSA agreement.

## **Appropriate Background Checks Required**

All UMS employees are required to comply with applicable policies and procedures, as well as to complete applicable workplace related screenings, and required employee trainings, such as Information Security, Safety Training, Workplace Violence and Sexual Harassment.

The University of Maine is an EEO/AA employer. All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, national origin, sexual orientation, age, disability, protected veteran status, or any other characteristic protected by law.