



Wanted: Sports Performance Coach

Sparta Performance Science (www.SpartaScience.com) is the home for high school, college, and pro athletes who are driven by results to maximize their sport performance and minimize injuries. Built on a foundation of science, passionate coaches, technology, and above all, relationships, we develop individualized training, nutrition, and recovery programs that create an intense environment for healthier, stronger, more mentally tough athletes. Trust in Results.

The Sports Performance Coach will be responsible for working directly with athletes in Sparta's exciting and challenging environment. This position will be almost entirely dedicated to being present during workouts. The Performance Coach must display confidence in their coaching abilities, and provide exceptional service - contributing to each athlete's overall Sparta experience.

Top Reasons to Coach at Sparta:

Train athletes only - who are extremely committed/consistent for results.

Excellent coaching lifestyle - less hours than elsewhere, and share in financial growth.

Science - passion projects to allow coaches to channel efforts and contribute to the Sparta system.

Technology - proves you make a difference, and allows for constant feedback to improve the program.

Relationships - unmatched staff camaraderie, and long-lasting, rewarding relationships with the athletes.

Please submit cover letter and resume to:

Jenna Rein, Business Director
jrein@spartascience.com
Fax: 650.561.3074

Objectives:

Coaching

Warm-up and New Exercises

Provide athletes with an overview of current movement mechanics

Explain each movement's relevance to individual need and sport

Nutrition & Recovery

Introduce Sparta supplement line and importance of post-workout nutrition & recovery

Education

Stay up-to-date on current nutritional and recovery science

Network with therapists to learn soft tissue techniques

Qualifications:

Experience as a NCAA athlete

A passion for coaching athletes

Experience as a personal trainer or strength coach, advantageous

US Citizen or a Permanent Resident Alien (Green Card)

Compensation:

Commensurate with experience