

4J SCHOOL DISTRICT

JOB TITLE:	WRESTLING COACH	Dot #: 155.227-018
Department:	High School Physical Education Department	
Work Hours:	3-4 hours shifts. 5-6 days/week. Some extended hours due to sports activities. Can involve evening and weekend work.	
JOB SUMMARY:	<ul style="list-style-type: none"> • Teaches wrestling to high school students. • Explains and demonstrates use of apparatus and equipment involved in weight training and conditioning. • Explains and demonstrates principles, techniques and methods of regulating movement of body, hands, or feet to achieve proficiency in activity. • Observes students during practice to detect and correct mistakes. • Explains and enforces safety rules and regulations. • Organizes and conducts competitions. 	
QUALIFICATIONS:	<ul style="list-style-type: none"> • Must be able to meet physical demands as described in essential job functions below. 	
ESSENTIAL JOB FUNCTIONS: (Constantly over 2/3 time, Frequently 1/3-2/3 time, Occasionally under 1/3 time, Rarely under 10% time)		
Physical:	<ul style="list-style-type: none"> • Performs/Demonstrates Wrestling: With students, typically in 136-165 lb. weight classifications. • Standing/Walking: Constantly; throughout work shift. Distance may vary depending on daily assignment. Can occur on all types of surfaces/terrain; concrete, track, court. Can walk, jog, run up to 2-3 miles daily, depending on conditioning program. • Sitting: Infrequently; while performing administrative duties at desk or table. • Lift/Carry: Frequently, 1-25 pounds; materials, supplies. Occasionally, lift 100-175 lbs.; student's body weight while wrestling, demonstrating techniques. Some coaches participate in weight training. • Push/Pull: Frequently; using one or both hands exerting a force up to 25-125 pounds while participating/demonstrating wrestling techniques. • Climbing: Occasionally; steps, and stair climbing at some locations. • Bending/Twisting: Frequently; at waist/knees/neck while participating in physical activities, demonstrating activities, performing functions throughout assigned class. • Kneeling/Crouching: Frequently; while performing wrestling activities. • Hands/Arms: Constant use of both in reaching/handling/grasping/fingering/gripping while teaching, demonstrating and participating in physical activities. Firm grasping/gripping required. • Sight/Hearing/Speech: Constantly; required while teaching/instructing class and observing students throughout work day. Requires depth perception, hand-eye coordination, visual acuity, near/mid/far range and peripheral vision. • Other Physical Demands: Must be agile, able to jog, run, jump, and perform aerobic activity and weight training. 	
Mental:	<ul style="list-style-type: none"> • Must be able to work independently and follow through on all tasks assigned. • Must possess good communication skills; working with all types of students. Able to communicate to develop team work. • Must have excellent interpersonal skills to handle behavior problems, resolve disputes and motivate students. • Must be able to perform written communication completing logs, filling out forms, instructional manuals. • Must be able to read, write, speak English. Possess basic mathematical skills. • Must be able to monitor multiple factors in processes during times of assigned activities. • Must constantly be alert able to move quickly and provide vigilance for safety of students. • Must be able to remain calm in dealing with injury or other safety-related situations. • Must be able to instruct, train, motivate and discipline students as required. 	
WORK CONDITIONS:	<p>Varies. Can include 80% indoors, 20% outdoors, while participating in outdoor training. Coaches are on a 6-7 month assignment.</p> <p>Hazards include sports injury.</p> <p>Equipment: Various types of sports equipment, audio/visual equipment, first-aid equipment. May operate personal vehicle or district vehicle in performance of duties.</p>	