



Part-Time Throws Coach

Position: Part-Time Throws Coach (Shot Put & Discus)

Reports To: Head Track & Field Coach

Season: Winter & Spring Track Seasons (with optional summer workouts)

Position Summary

The Part-Time Throws Coach is responsible for instructing and developing student-athletes in the shot put and discus while promoting a positive, safe, and team-oriented environment. The coach will work closely with the Head Coach to support the overall goals of the track and field program.

Primary Responsibilities

- Plan and lead throwing practices for shot put and discus athletes.
- Teach proper throwing mechanics, footwork, and event-specific techniques.
- Promote safe use of throwing implements and ensure athletes follow safety procedures.
- Assist with strength, mobility, and event-specific conditioning.
- Prepare athletes for competitions and provide coaching during meets.
- Encourage sportsmanship, discipline, teamwork, and personal growth.
- Communicate regularly with the Head Coach regarding athlete progress and meet entries.
- Help maintain throwing equipment and practice areas.

Preferred Qualifications

- Previous experience competing or coaching in shot put and/or discus.
- Knowledge of fundamental throwing techniques and safety practices.
- Ability to motivate and mentor high school student-athletes.
- Strong communication and organizational skills.
- College throwing experience is preferred but not required.
- Former high school throwers, parents with throwing backgrounds, and collegiate athletes are encouraged to apply.

Time Commitment

- Approximately **2–4 practices per week** (based on availability).

- Attendance at scheduled track meets (typically 1 per week during the season).
- Seasonal commitment from approximately **November through June** (depending on indoor and outdoor seasons).

Desired Characteristics

- Positive role model.
- Dependable and punctual.
- Patient teacher with a willingness to develop beginners and experienced athletes alike.
- Passion for helping young athletes improve both on and off the field.

Compensation

Part-time stipend based on experience.

Philosophy

Mount St. Mary Academy continues the educational and spiritual vision of the Sisters of St. Mary of Namur who, “In simplicity and joy, have offered all to God.”

Students are challenged to understand people of varied backgrounds by using their diverse gifts to participate in service to the community. Recognizing each student’s strengths and potential for growth, Mount St. Mary offers a varied curriculum that effectively encourages each student to succeed.

Through academic and extra-curricular programs, students explore their own identities and values and enhance their moral decision making skills. Students graduate from Mount St. Mary having attained global understanding, critical and abstract thinking skills and the ability to express their knowledge in a coherent and literate manner.

In an atmosphere of mutual trust and respect, we support each other in times of celebration as well as sadness.

By nurturing our students emotionally, academically and spiritually, we prepare them to seek out solutions to life’s problems in the light of Christ’s teachings.

Interested candidates should send a cover letter and resume to Mario Hicks, Director of Track and Field/XC, mhicks@msmacademy.org .