

# SHG SACRED HEART-GRIFFIN HIGH SCHOOL

## Mission Statement

"Sacred Heart-Griffin is a Catholic, Dominican college preparatory high school that welcomes a diverse population to pursue academic excellence within the Dominican values of study, prayer, service and community."

## **PE Teacher/Strength and Conditioning Coordinator**

Type of Employment: Full-time

Grade Level(s): 9-12

### Salary/Benefits:

- Salary range : \$32,000 - \$42,000 - commensurate with education and experience
- Dental insurance
- Health insurance
- Vision insurance
- 403(b) direct contribution and matching
- Flexible spending account
- Life insurance
- Paid time off
- Professional development assistance

### Priority Skills/Qualities

- Has a deep understanding and support of SHG Mission
- Builds relationships
- Exhibits strong leadership skills
- Models a restorative mindset
- Continuously seeks ways to improve
- Constantly grows and develops teaching practice

### Responsibilities

#### **Physical Education Teacher**

- Demonstrate appropriate long and short-term preparation for classroom instruction.
- Organize and use a variety of teaching techniques, strategies, materials, and technology to maximize the learning of each student, individually and in group settings.
- Assess student progress, provide students and parents with specific feedback, and use the results to adjust instruction as needed.
- Establish clear objectives for all lesson units and projects, and communicate these objectives to students.
- Develop a strong classroom community.

#### **Strength and Conditioning Coordinator**

- Develop and implement comprehensive strength and conditioning programs for student-athletes across all sports.
- Collaborate with coaches to support athletic performance, injury prevention, and student wellness goals.
- Promote sportsmanship, discipline, teamwork, and leadership through physical activity and fitness education.
- Maintain equipment and ensure safe operation of all fitness and athletic training areas; coordinate schedules for use by each sport team.
- Monitor student progress and provide feedback to support individual growth and achievement.
- Incorporate fitness education, nutrition awareness, and healthy lifestyle habits into needs.
- Evaluate and update training programs based on current best practices and student needs.
- Work collaboratively with the Athletic Director and coaching staff to support athletic development initiatives.
- Ensure all physical education and conditioning activities comply with social safety standards and IHSA guidelines.
- Maintain certifications and training related to CPR, AED, and First Aid.
- Pursue professional development through continuing education, certification, and networking.

### Qualifications

- A license to teach in Illinois or other state
- Bachelor's Degree in Exercise Science, Physical Education, or related field
- Nationally recognized strength and conditioning certification (HSSCC, CSCS, or equivalent)
- Experience working with high school and junior high student-athletes
- Knowledge of strength training, conditioning principles, injury prevention, and student wellness
- Strong communication, leadership, and organizational skills

School Website: [shg.org](http://shg.org)

Job Posting Date: June 17, 2026

How to apply: Interested applicants should send a cover letter and resume to Teresa Saner at [saner@shg.org](mailto:saner@shg.org).