



## Seasonal High School Discus/Shot Coach

Immaculate Heart High School, a Catholic, independent college preparatory school for girls in grades 9 through 12, located in the Los Feliz area of Los Angeles, California seeks a motivated and experienced Discus/Shot Coach to join our Track and Field team. The ideal candidate will have experience in developing athletes in these field events, with a focus on technique, strength development, and injury prevention. The coach will be responsible for fostering the growth of student-athletes, preparing them for competition, and contributing to a supportive and positive team environment.

Candidates will be creative and committed to assisting in leading and growing our track and field program. All coaches should commit to teach, mentor and develop young athletes to excel in their sport and to be competent, responsible members of society. All employees must personally embrace the mission and vision of Immaculate Heart High School. Each applicant should be willing to wholeheartedly support the athletic department's philosophy.

### Key Responsibilities:

- Design and implement training programs for discus and shot put athletes.
- Lead practice sessions focusing on technique, strength conditioning, and safety.
- Provide individualized coaching and feedback to athletes at all levels.
- Attend all practices, meets, and competitions.
- Collaborate with other coaching staff and communicate effectively with the head coach and athletic director.
- Ensure athletes adhere to safety protocols and maintain a positive team culture.

### Job Qualifications:

- Prior experience coaching discus and shot put, preferably at the high school or collegiate level.
- Strong understanding of the techniques and strategies specific to throwing events.
- Excellent leadership, communication, and organizational skills.
- Ability to work collaboratively within the coaching staff.
- Available afternoon, evening and some weekends
- Attend all practices, meetings and games

### Requirements:

- High School diploma or GED
- Prior high school coaching experience in club and/or high school track and field
- Must be dedicated, enthusiastic, committed and passionate about track and field
- Good communication and organizational skills

### Season of Sport:

- Season – November through May

### Salary Range:

- \$20 - \$36 per hour

### Application Procedure:

Interested candidates should email the following to: [employment-hs@ihs.immaculateheart.org](mailto:employment-hs@ihs.immaculateheart.org)

\*In the subject line, indicate the position you are applying for.

1. Cover letter
2. Resume reflecting educational, professional, and track and field background
3. Name and contact information for three professional reference (References will only be contacted with the consent of the candidate.