

5/8/17

Weight Room/Strength Coach Survey

I sent an email to Athletic Directors across the state of South Dakota. I received info back from 29 schools of various sizes (Class B, A, AA). They were asked 10 questions about the weight/strength position. In this packet, you will see their responses. It varies greatly in what schools provide/fund. If you have any questions or would like additional information, please let me know and I will do what I can to answer them or find the answers.

Thanks

Steve Erickson

Athletic Director

Elkton School District

Q1: Does your school have weight room supervisor?

Yes and No

Yes

No

No

Yes

We have 2

Yes

Yes

Yes

Yes

No

Yes

No

Supervisor must be present for students to use

Coaching Staff

Yes, Wellness Teacher during day and staff member before/after school

No, supervisor of weight room

Whoever coach assigns for the week during their season

Yes

No, volunteers

Volunteers

No, Community wellness center located in school

No, about 80 keys checked out to community members to school for weight room

School does not fund

Yes

Yes

Yes, paid strength coach

No-coach runs acceleration during summer

Somewhat

Q2: Is it a school member/coach?

Yes, Coaches

Yes, listed as a weight coach

Coaches

N/A

Yes, but doesn't have to be, open application

During season coaches, weight room never unsupervised

Coach during the summer

Yes

Yes

Chief of Police

NO

Coach/Extra Duty Assignment

Staff member can open and supervise students

Staff member or coach

Coaches responsible for their sport

Yes

Staff/coaches

PE Teacher/FB Coach

Volunteers from staff

Volunteers from staff

None-Students have fob, free to use wellness center-video camera and gym usage. Must be supervised by adult

Booster club to an extent-coach runs acceleration program

No/Yes-Full time Strength and conditioning coach

Coach or staff

No

Coach

Coach/Teacher

Q3: How much are they paid?

Nothing

about \$1200

Nothing

N/A

Same as Asst. Coaches

\$1500 each position

\$15/hour

\$1500 winter, \$1500 spring, Summer Coaches get \$25 per hour for 2-3 coaches per one hour session 2 sessions a

Summer only \$2250 June and July 6:30-8am M-F & 6-7:30pm M-Th

Volunteers his time

Nothing

\$2317-\$4634 per season (3 seasons)

Nothing

Started a power lifting team this year, coach is not getting paid as he wanted to do it for football

No extra pay/stipend

\$2923-\$3388 per season during school year, \$4175 to \$4840 during summer

Acceleration program, students pay to attend

No

\$2,169.05

Zero

Zero

as running, open 24 -7

\$2,000

\$20/hour

\$15,000/25 hrs per week

NA

No additional stipend

Q4: How are they paid? Hourly/Contract?

Not paid but discussing it as a district

Contract

N/A

N/A

Contract from General Fund

Set amount

hourly

Hourly

Per session each is 1.5 hr, gets divided out

N/A

No

Extra Duty Contract

0

None

Athletes pay \$100 for program and coaches keep fees

Contract

Extra Duty Contract

NA

NA

Contract

Hourly

contract

NA

NA

Q5: What if any certification or qualifications do the

None

PE Teacher/Coach

N/A

N/A

Same as coach

A coach

coaching courses

One has exercise science, other training classes

None

No certification but school sends him to clinic each year

No

Coaching Courses NFHS and SDHSAA

0

No Qualifications

Must be certified coach to supervise weight room

Teaching/coaching/NFHS Courses

2 are certified acceleration program teachers

None

NA

NA

No

Background check, weight training background

CSCS Certification

NA

None

Q6: How often is it open?

3-4 days per week

Everyday

N/A

24/7 key fob

3 time/week

2 sessions 6:30-7:30am and 7:30-8:30pm

2 hours, 4 days/week

After school during winter/spring

See previous

4 days a week

No

After school M, T, W, TH

Random

Power lifting team-everyday, others when staff or coach is present to open it

Three mornings/week throughout school year, 7am to 11am during summer

M-F

6:30-8am and 3:30 to 5 when we can; Summer two coaches charge \$150 for acceleration program

No Set Time

NA

NA

Daily 3-6pm and 7am to 6pm summer

Daily After school

M-F

NA

3-4 session per week

Q7: How long is it open?

1 to 1.5 hours

6:30-7:45 Mon-Fri.

N/A

24/7 key fob

1.5 hours

See Previous

2 hours, 4 days/week

60-90 min.

1.5 hours AM and 1.5 Hours PM

Mornings 6 to 8am

No

3:30-5:45

Random

No set time schedule

3-5 hours during school year, 4-7 during the summer

No set time schedule

NA

NA

3 hours

6:30-8 and 3:15 to 6

NA

1 hour during school year

Q8: Before school, after school, summers only?

after school

After school 3:30-5 M-Th staff member is paid \$12/hour

N/A

both

Both

Coaches Choice

Coaches during school

Both

During school coaches run it with no pay,

Before school only

No

After

After

Both

Both

Summer program 6:30 to 9 4 days/week

No set Time

NA

NA

after school

Both

NA

vary in summer depending on kids

Q9: Just a summer position or between seasons?

Coaches do their program in summer morning and night unpaid

No

N/A

N/A

No

Summer= paid position

Paid position during summer

Both

Paid position is only summer

He does it year around, coaches run a power program during summer

**Proposing new strer

No

During the school year

Random

Open during open gyms during summer and is done during school year

4 seasons addressed; 3 during school year and summer

Not sure

NA

NA

12 months if needed depneding on school

Year Around, Summer hours are 7-10:30am

NA

both

