

Role Description

Strength and Conditioning Coach

Reports

Director of Sport (Years 3-12) and ultimately the Principal.

Status

Permanent full-time, with the ability to work Saturdays

Overview

This role supports the Head Coach - Strength and Conditioning in planning, coordinating and delivering Meriden's strength and conditioning programs. The role provides high quality services for individual students and teams, helps guide other coaches, and promotes a positive and safe training environment. The role also works collaboratively with sports administration, Head Coaches and other school staff, and deputises for the Head Coach as required.

Experience and Responsibilities

- Work closely with the Head Coach - Strength and Conditioning, Director of Sport, Junior School Olympus Coordinator, Head of Coaching and other Head Coaches to align training with student and team goals
- Support the Head Coach in overseeing the safe use of gym facilities and ensuring instruction is provided by appropriately qualified staff
- Coordinate equipment checks and maintenance in the Fitness Centre, escalating repair needs to the Head Coach
- Coordinate Fitness Centre bookings in consultation with the Head Coach
- Support the Head Coach in developing and improving the School's strength and conditioning program
- Assist the Head Coach with strategic planning and lead day-to-day coordination and delivery of strength and conditioning programs including:
 - Olympus
 - Sport specific sessions
 - Student fitness (Years 7-12)
- Assist the Head Coach in recruiting, inducting and supervising casual strength and conditioning coaches, and coordinate their schedules
- Coordinate program administration, including:
 - Clipboard data entry (team lists, coaching hours, student absences)
 - Producing and maintaining lists
 - Prepare and update activity risk assessments in consultation with the Head Coach and review them annually
- Communicate with relevant school staff about individual student wellbeing concerns, following school procedures and keeping the Head Coach informed
- Liaise with physiotherapists, in consultation with the Head Coach, regarding training plans for injured Olympus students
- Stay up-to-date with developments in the Strength and Conditioning sphere through the attendance at conferences and networks
- Keep the Head Coach - Strength and Conditioning informed of issues relating to students, sport, facilities and the role, and escalate significant matters to the Director of Sport as appropriate
- Attend key school events as agreed with the Head Coach and Director of Sport

- Undertake any training as required, including holding a current First Aid certificate and CPR at all times.

Essential Qualifications and Experience

- Bachelor of Exercise and Sport Science or a relevant equivalent qualification
- ASCA Level 1 and completed or working towards ASCA Level 2 (desirable), or ESSA accreditation
- At least 2–3 years of experience in youth elite sport, with demonstrated knowledge of long-term athlete development
- Be an effective communicator and a positive, flexible team member
- Manage competing priorities and solve problems efficiently
- Be able to plan and complete projects within agreed timelines
- Display strong organisational skills and the ability to work across multiple environments
- Be able to communicate and motivate students in a variety of methods
- Completed or currently undertaking a Masters in High Performance Sport (Strength and Conditioning), or a related field (desirable)

Other Skills and Attributes

- A personal appearance and demeanour which represents the School in a positive way
- Clear and effective written and oral communication skills
- Effective time management skills and the ability to work independently with little direct supervision
- Excellent ICT skills
- The ability to work as part of a team
- Willingness to embrace and support the Christian ethos of Meriden
- Loyalty to the School and the Principal.