

Role Description



Strength and Conditioning Coaching

DEPARTMENT/FACULTY	Strength and Conditioning
REPORTS TO	Principal via Head of Co-Curricular
LOCATION	Senior Campus
TYPE OF EMPLOYMENT	The position of the Strength and Conditioning Coaching is a casual position, and the successful applicant will be required to work as rostered before and after school.
INDUSTRIAL INSTRUMENT	Independent Schools NSW (Professional & Operational Staff) Cooperative Multi-Enterprise Agreement 2025
CLASSIFICATION/GRADE/BAND	Instructional Services Level 4

ROLE PURPOSE

The Strength and Conditioning Coach is inspired at all times by the highest Ignatian ideals of Companionship and Collegiality which strives to uphold the virtues of being people for and with others. The Strength and Conditioning Coach will inspire students to be the best athletes they can be. They will create an environment where students feel comfortable but are also striving to achieve their personal goals

ROLE RESPONSIBILITIES

Leadership, Vision, Excellence

- To administer best practice of coaching in collaboration with colleagues, towards the achievement of the vision and goals of the Riverview Model of Excellence and Personal Development – the '*cura personalis*', the *Saint Ignatius' College Sports Staff Code of Practice* and the *Great Public Schools (GPS) Code of Behaviour in Sport* at all times.
- To share the College's Co-Curricular vision and execute the College's program coaching methodology principles.
- To encourage a climate of excellence in student development and performance through the establishment of effective collaborative relationships with parents and with those responsible for the boys' through Senior Athletic Development Coach.
- All Co-curricular Staff are required to undertake and complete compliance training courses in Child Safeguarding, Concussion Management and Health & Safety on appointment and on an ongoing basis as designated by the College.

Athletic development

- Write differentiated programs that allow students across all year levels to develop all aspects of their bodies.
- Collaborate with all Strength and Conditioning Coaches, the Senior Athletic Development Coach and the Sportsmaster to design and develop athletic programs for all students using a variety of school facilities.
- Provide coaching, supervision and exercise correction for all students during training sessions to correct inefficiencies or dysfunctions in fundamental movement patterns.
- Implement and develop both sport specific team programs as well as individual strength training programs for students.
- Modify programs based on injuries, athlete needs, or team requirements.
- Supervise all weights room facilities to ensure the safety of all students, staff and visitors.
- Assist with providing safety induction training for students that intend on using the weights room.
- Provide technical coaching with the ability to teach and correct technique to maximise performance.
- Instruct and communicate with student clear and confidently, cueing exercises to students with varying experience levels.

- Assist with maintaining the weights room in good condition.
- Uphold and enforce all weights room policies and conditions of use.
- Record and document all student programs inclusive of a thorough induction process in a centralised database.
- Review and evaluate the monitoring of programs for effectiveness and develop future priorities and strategies for growth.
- Review weekly updates from the Health Centre regarding student injury and medical history status.
- Liaise with Health Centre and school physiotherapists on injuries from weekend sport & activities.
- Throughout the year you will be called upon to coach/teach lessons in the weight room as part of the PDHPE curriculum

SELECTION CRITERIA

- Well-developed communication and interpersonal skills with an emphasis on building and maintaining quality relationships with all members of the College's community
- Ability to work collaboratively in a team environment
- Demonstrate exceptional time management skills and the ability to meet deadlines
- Demonstrate strong communications skills, verbal and written
- Degree in exercise science or equivalent field
- Level 2 ASCA accreditation, desirable
- First and CPR certificate essential
- Experience supervising Athletic Development training facilities
- Experience in Athletic Development program designed for students within a school environment is preferable
- Flexibility and the ability to adapt and operate effectively in a demanding and changing environment
- Understanding of mentoring supporting and encouraging players
- Ongoing commitment to own professional development

THE COLLEGE

Saint Ignatius' College Riverview was established in 1880 as a Catholic school for boys in the Jesuit tradition. Located within Cammeragal Country, on Sydney's lower north shore, Riverview is a leading independent Catholic school, which delivers a holistic education to both day and boarding students from Years 5 to 12.

Saint Ignatius' College aims to transform communities by empowering students and teachers to strive for excellence in all pursuits, underpinned by a deepening experience of faith in action.

Saint Ignatius' College Riverview acknowledges the Cammeragal people who are the Traditional Custodians of the land upon which we are privileged to live, learn and teach. We pay our respects to Elders, past and present, and extend that respect to all First Nations people.

As a member of the College Community, you will endeavour to:

- Contribute to the building of positive relationships within the College community.
- Assist in developing effective communication links within the College community.
- Act with professionalism and respect in all activities and duties for the College.
- Contribute to the welcoming atmosphere to those who visit or contact the College.
- Maintain confidentiality in respect of all information relating to the College.
- Support initiatives to grow Christian values and the Jesuit tradition within the College community.
- Give personal witness to Christian values in carrying out daily duties.
- Get involved in the general life of the school and support it formally and informally within and beyond the school.

SAFEGUARDING CHILDREN AND YOUNG PEOPLE

Saint Ignatius' College Riverview takes child protection seriously, and as an employee of the College, you are required to meet the behaviour standards outlined in our Safeguarding code of conduct. You will receive a copy of these guidelines/ College's Code of Conduct as part of your induction. You can also access a copy of these guidelines on the College website.

Therefore, as a part of your duties and responsibilities, you are also required to:

- Provide a welcoming and safe environment for children and young people
- Promote the safety and wellbeing of children and young people to whom we provide services
- Ensure that your interactions with children and young people are positive and safe
- Provide adequate care and supervision of children and young people in your charge

- Act as a positive role model for children and young people
- Report any suspicions, concerns, allegations or disclosures of alleged abuse to management
- Participate in Child Protection training and education as appropriate
- Maintain valid 'working with children' documentation
- Undergo periodic 'national criminal history record' checks
- Report to management any criminal charges or convictions you receive during your employment that may indicate a possible risk to children and young people.

WORK HEALTH AND SAFETY (WHS)

Actively support and contribute to the maintenance and development of a safe working environment by:

- Identifying and reporting incidents/hazards/injuries (and reacting appropriately to potential hazards).
- Participating in WHS training and education as appropriate.
- Engaging with College policies and procedures around WHS.
- Work safely and report any hazards in accordance with College procedures.
- Monitor and take full care of the health and safety of others.