



# EMANUEL SCHOOL

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## STRENGTH & CONDITIONING COACH ROLE DESCRIPTION

### Role Purpose:

The purpose of this role is to lead team focused and student-based training sessions, and to design and implement individual and team-based strength and conditioning training programs.

### Hours of Work

This is a part time; term time only role and hours can be flexible. We require 12 hours per week spread throughout the week in short blocks, for example:

- Before school (6.30am – 8.30am)
- Lunch (12.30-2.30pm)
- After school (3.00- 5.00pm)

A small amount of time would also need to be built in before/after training sessions to meet with the Head of Sport and coaches to collaborate and plan.

### Responsibilities & Reporting Lines

This role reports to the Director of Sport K-12 and is responsible for the following:

- Develop, plan and collaborate with the Director of Sport and sports coaches, a pre-season and in-season strength and conditioning program aimed at improving athletic performance
- Implement and run the strength and conditioning programs through training sessions
- Collect, analyse and report player training loads across the pre-season and in-season
- Participate in the ongoing assessment of the implementation of the student programs
- Contribute to the development of an integrated program for athlete preparation
- Support student injury management and athlete rehabilitation programs
- Implement and run general fitness sessions for students within the school
- Implement and run general fitness sessions for staff within the school

## **Skills & Qualifications Required**

The following skills and experience are essential for this role:

- Demonstrable experience in the delivery of strength and conditioning services to student athletes and coaches
- Relevant knowledge of strength and conditioning principles for athletic performance and injury prevention in adolescents
- The ability to design a wide variety of strength and conditioning fitness training programs based on student training and school schedules
- A willingness to run strength and conditioning sessions over a variety of hours in both the fitness centre and/or field-based team sessions
- An understanding of ICT – experience using excel for data collection, statistical analysis and reporting
- Level 1 ASCA - Strength & Conditioning coach accreditation with the Australian Strength and Conditioning Association preferred or the capacity and willingness to complete

This could be an excellent opportunity for a current university student to gain relevant practical experience in a growing school sports program.

The following skills and experience are preferred:

- Appropriate undergraduate exercise physiology or relevant sport science degree
- Experience in a school sports environment

## **Emanuel Employee Qualities & Attributes**

Emanuel staff are highly competent, passionate and engaging. They ensure the best possible learning environment for students and are committed to their own continued growth as professionals.

As an Emanuel employee, it is expected that you possess the following qualities and attributes

- A passion for continually improving your practice and a commitment to ongoing professional learning
- Capacity and desire to make a positive contribution to student wellbeing programs
- Demonstrated strong interpersonal and communication skills and the capacity to develop and sustain productive relationships within the school community
- Generosity in sharing your expertise with colleagues, and an openness to welcome observations and feedback from other staff
- Support for the ethos of the School with a willingness to make a significant contribution to the life of the School

- A team player who is keen to work with colleagues to best meet the learning and wellbeing needs of individual students.

## About Emanuel School

Emanuel School is committed to providing co-educational excellence in a Pre-school to Year 12 continuum. We value the individuality of all students and encourage the development of their special interests and talents. Our objective is to extend our students to the best of their ability, and to foster a love of learning, a strong sense of community and a pride in their Jewish heritage.

Emanuel School is small enough to provide an individual, nurturing environment and large enough to provide a wide range of subjects and opportunities for our students. Emanuel School is a dynamic learning community within an intimate learning environment delivering strong academic outcomes.

The School occupies the Stanley Street site with around 880 students from Preschool to Year 12, comprising a two-stream K-4 and three streams thereafter.

The School's commitment to excellence, quality, service and value ensures that it continually improves the delivery of all its programs for the benefit of its students. There are many opportunities for students to participate in a wide range of activities and students have a strong commitment to community service.

We strive to create an environment in which genuine acceptance and understanding can develop. These concepts are reflected in the School motto "Mind, Spirit, Being".

## Values & Jewish Life

Emanuel is a Jewish Community School that nurtures a commitment to Jewish community, heritage, ethical living and the State of Israel. We do this through a commitment to egalitarianism, pluralism, coexistence, tradition, mitzvot, Torah and Hebrew. We do so as Jewish, Australian and Global citizens. In particular we value:

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|-----------------------------|------------------|
| • Excellence                | • Responsibility |
| • Perseverance              | • Compassion     |
| • Lifelong love of learning | • Generosity     |
| • Respect                   | • Justice        |
| • Integrity                 | • Community      |

At Emanuel, we welcome staff and students of all backgrounds and religions. Applications are made without reference to a candidate's religion.

## **Emanuel seeks to be a child safe school**

Emanuel School is committed to promoting the safety, welfare, and wellbeing of our students as our paramount priority. We seek to maintain a preventative, proactive and participatory approach to child safety, promoting student voice and agency.

Emanuel School has zero tolerance for child abuse and has established systems and policies to protect children, while in the School's care, from abuse and to promote physical, emotional, and cyber safety. The protection and wellbeing of students is the responsibility of all members of the Emanuel School community, and encompasses:

- a duty of care to ensure that reasonable steps are taken to prevent harm to students which could reasonably have been foreseen
- obligations under child protection legislation.

Emanuel School welcomes and celebrates diversity and remains committed to promoting the safety of every child.