MELBOURNE GRAMMAR SCHOOL
AN ANGLICAN SCHOOL

Job Description

Position
Lead Strength and Conditioning Coach

Reporting to
Head of Athletic Development

Context of the Role

Founded in 1858, Melbourne Grammar School educates some 1,800 students from Prep to Year 12. It fosters excellence through learning and leadership and offers an educational experience ranging across intellectual, social, cultural, spiritual and physical pursuits.

The School is organised into three campuses to meet the needs of different age groups. Our Junior School, Grimwade House (Prep to Year 6) is located in Caulfield, and is coeducational with 680 girls and boys. The Middle School, Wadhurst (Years 7 and 8), and Senior School (Years 9 to 12) are in South Yarra and cater for 1,120 boys - day students and boarders.

Strength and Conditioning is an important part of our curricular and co-curricular programs at Melbourne Grammar School. With our facilities we expect to provide our community and the broader community to participate in a wide range of strength and conditioning activities that will enhance sporting performance and reduce injuries. The school places a strong emphasis on promoting healthy lifestyle choices through its co-curricular activities and is committed to implementing best practices in its strength and conditioning programs.

Purpose of the Role

To work closely with the sport coaches and Physical Education staff in improving the physical literacy of all students at the school. This will involve the setting of programs, monitoring progress, assisting with fitness testing and the development of a culture about the safe and effective use of all strength and conditioning facilities at the school.

Key Internal Contacts

Director of Sport	Staff Member in Charge
Head of Athletic Development	Health Centre
First Team Coaches	Staff
Head of Health and Physical Education	Students

Key Responsibilities

The following responsibilities are not exhaustive, nor necessarily in order of priority, but are indicative of the range and nature of the role.

- Supervise the safe operation of the weights room before school (6:15am - 8:00am) and after school (3:30 - 5:15pm)
- Lead the delivery of Strength & Conditioning services for a number of the schools main sports, in particular Football, Cricket and Basketball.
- Assist in the delivery of Rowing and Rugby training sessions, ensuring each student has access to best practice training methods
- Support sport coaches in the running of pre-season training
- Assist students with external running conditioning and cross training sessions
- Conduct regular testing protocols for teams and provide feedback on progress
- Work within a team to maintain and enforce the overarching strength training standards and philosophies
- Assist the Head of Athletic Development with the supervision of Strength and Conditioning units within the Physical Education curriculum
- Develop a healthy and respectful culture of physical activity amongst our student population
- Ensure the gym is well maintained and monitor condition of equipment, in accordance with the School's Safety standards

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Key Selection Criteria

Required

- Human Movement, Coaching, Exercise or Sports Science degree, or equivalent.
- Proven experience delivering S&C programmes;
- ASCA Level 1 accreditation.
- Outstanding communication and interpersonal skills.
- Well-developed time management, administrative and organisational skills.
- Ability to work collaboratively, take feedback and pursue professional learning.
- High initiative and commitment to Melbourne Grammar School values and ethos.
- Working with Children Clearance (or willingness to obtain) and First Aid qualification.

Commitment to Child Safety

Melbourne Grammar School is committed to promoting and protecting the safety and wellbeing of all children and students within the School Environment. The School has no tolerance for child abuse and harm to children and students and takes proactive steps to identify and manage the risks of harm to students.

Particular attention is given to the child safety needs of Aboriginal and Torres Strait Islander students, those from culturally and linguistically diverse backgrounds, students with a disability, those unable to live at home, international students, and children and young people who identify as lesbian, gay, bisexual, trans and gender diverse, intersex and queer (LGBTIQ+). Melbourne Grammar adheres to robust human resources practices, in the recruitment, selection and screening of candidates, to ensure that individuals working with children are suitable. The school aims to identify and recruit the best and most suitable candidates who share the School's values and commitment to protect children and students.

All staff are responsible for understanding and applying Melbourne Grammar Schools Child Safety policies and procedures, upholding the overarching principles and values set out by the School and take all reasonable steps to promote and protect the safety of children and students.

All staff are required to hold a valid Working with Children Clearance (WWCC) or registration with the Victorian Institute of Teaching.

Risk Management, Occupational Health and Safety

Melbourne Grammar School is committed to providing a safe work and learning environment that supports the health, safety and wellbeing of students, staff, contractors, volunteers and our community.

Staff have a responsibility to:

- Familiarise and adhere to the School's practices and procedures in accordance with Melbourne Grammar's OH&S Policy and Risk Management procedures
- Co-operate with the School's efforts to comply with its legal obligations under Victorian OH&S legislation.
- Perform duties in a safe manner without risk to health and safety, adhering to the School's system for reporting OH&S incidents and hazards
- Take reasonable care for the health and safety of self and others, including those under your supervision