



## Position Description

# Strength and Conditioning Coordinator

Roseville College is an established, respected independent day school for girls in Preparatory to Year 12, centrally located in Roseville on Sydney's North Shore since 1908. Ours is a learning community where girls and staff are truly known, and where every individual is valued. Our vision, to raise future-ready women who lead proficiently with strong character, is underpinned by the Christian faith.

The Roseville College staff comprises visionaries, innovators, pioneers and co-learners, who appreciate this as a meaningful, inspiring and progressive workplace where they are enriched, equipped and empowered for a fulfilling career and to make a positive impact on student generations.

### Broad objective

Roseville College is excited to announce the launch of our new Strength and Conditioning Centre. We are seeking a motivated and experienced Strength and Conditioning Coordinator to join our team and lead the development of this innovative and state-of-the-art facility. Our Strength and Conditioning Coordinator will be responsible for designing and implementing comprehensive training programs for students across various sports, promoting physical fitness, injury prevention, and athletic performance. As a member of our broader Cocurricular Coordinator Team, the successful candidate is future focused, holding high expectations of self and others, is an exemplary role model to all, and strives to ensure that every girl is known in accordance with the College's values and strategic direction.

The Strength and Conditioning Coordinator is 0.6 FTE with hours worked in the early morning and in the afternoon around the academic school day. At times, the Strength and Conditioning Coordinator will work during the school day in support of cocurricular and curriculum-based activities.

### Key relationships

- Principal
- Deputy Principal
- Director of Cocurricular
- Head of Sport
- Director of Sport and PDHPE
- Sport and PDHPE staff
- External Suppliers and Contractors
- Casual Strength and Conditioning Coaches

### Reports to

- Head of Sport

*Roseville College is proudly a Child Safe Organisation, putting the best interests of children and young people first. All appointments at Roseville College are subject to Child Protection Legislation.*

Roseville College 27 Bancroft Avenue Roseville NSW 2069 [rosevillecollege.com](http://rosevillecollege.com)



# Strength and Conditioning Coordinator

## Direct reports

- Casual Strength and Conditioning Coaches

## Key responsibilities

- Program Development: Design and deliver structured strength and conditioning programs tailored to students' age, ability, and sport-specific needs. Incorporate progressive training methodologies to enhance strength, speed, agility, and endurance.
- Coaching and Instruction: Provide hands-on coaching and guidance during individual and group training sessions, ensuring proper technique, safety, and motivation. Conduct fitness assessments and track student progress.
- Facility Management: Oversee the daily operations of the Strength and Conditioning Centre, including equipment maintenance, scheduling, and ensuring a safe and welcoming environment for all users.
- Collaboration: Work closely with Sports coaches, PDHPE teachers, and school staff to support the holistic development of student-athletes. Provide input into team training programs and coordinate pre-season and in-season conditioning.
- Education and Workshops: Deliver educational workshops and resources on topics such as nutrition, recovery, and injury prevention to students, parents, and staff.
- Student Engagement: Foster a positive and inclusive training environment, encouraging participation from all students, whether they are high-level athletes or looking to improve their general fitness.

## Child Safety

- Uphold the highest standard of child safety culture and awareness.
- Report all concerns regarding the safety of our students to the Principal or their delegate, in accordance with the College's child protection policies.
- Develop and maintain a thorough understanding of child protection obligations by reviewing the College's child protection policies and completing mandatory induction and ongoing training.

## Risk and Compliance

- Adhere to the College's policies and procedures, importantly the Critical Incident Management Plan, Work Health and Safety (WH&S), code of conduct, child safety and emergency response practices.
- Consistently uphold Roseville College's values and comply with all school policies and procedures.
- Reporting all accidents, incidents and hazards to their supervisors as soon as is practicable

## Additional responsibilities

- Fulfil the requirements of this position description and other duties as reasonably required from time to time.
- Any other ad hoc requests per the needs of the College or at the request of the Principal or delegates.

## Skills and experience

- Good customer relation skills.
- Excellent time management, organisational, planning and prioritisation skills.

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# Strength and Conditioning Coordinator

- Effective interpersonal and customer service skills.
- Negotiation, conflict management skills.
- Demonstrates a personal commitment to learning.
- Approachable, service orientated and team player mindset
- Demonstrated commitment to Christian values

## Qualifications

- Bachelor's degree in Exercise Science, Sports Coaching, Physical Education, or a related field.
- Certified Strength and Conditioning Specialist (CSCS) or equivalent accreditation.
- Knowledge of injury prevention and rehabilitation practices.
- Experience working with female athletes and understanding the unique aspects of their physical development.
- Previous experience in a similar role, ideally within a school or youth sports setting.
- Demonstrated ability to design and implement effective strength and conditioning programs.
- Strong interpersonal and communication skills, with a focus on motivating and inspiring young women.
- Excellent organisational and time management skills.
- Current First Aid certificate.

## Essential Characteristics

- Actively supportive of the Christian mission and values of the College.
- Collegial and collaborative and able to work well in a team.
- Adaptable and able to work well under pressure in a fast-paced environment.
- Flexible and responsive to change.
- Excellent organisational skills.
- Exceptional interpersonal and communication skills.
- Customer focused and results driven.

This position description is subject to change based on College requirements.

Roseville College is a member of the Anglican Schools Corporation (ASC).