



ST PETER'S · CAMBRIDGE

## **Strength & Conditioning Coach**

(Fulltime, Permanent)

- A great opportunity to work alongside top performing students athletes assisting them on their journey to full athletic potential

### **About the role**

We are seeking a qualified, experienced Strength and Conditioning coach to lead and implement strength and conditioning programmes within our school.

The Strength and Conditioning Coach is responsible for providing leadership in the weight training gym, as well as screening, testing and programming for students within the school. This position plays a key part in ensuring students are on the best programme to assist them in achieving their full athletic potential, in a safe and positive environment.

### **What experience and skills do you need?**

You will be a team player and have experience working in the High Performance industry, with current understanding of sports science and Long Term Athlete Development (LTAD). Lecturing experience would be highly advantageous.

Experience working with youth athletes through to High Performance is preferred. You need to be a confident, patient and clear communicator who has a flexible and adaptable approach, in a learning environment.

To be the successful candidate you'll need to have a tertiary qualification in Sports Science and/ or experience in the sports industry. If this sounds like you and you're ready to take up a new challenge, apply now!

### **Who are we?**

St Peter's is one of New Zealand's leading Independent, Anglican, co-educational, day and boarding secondary schools for Years 7 to 13 students.

Our campus caters for approximately 1100 day and boarding students, on 100 acres of park-like grounds near Cambridge, a short drive from Hamilton City.

Applications by Application Form, covering letter, and CV, with details of three referees close at Noon on Monday 14 August 2017.

For further information, please view our website for a Job Description and Application Form. <http://www.stpeters.school.nz/Welcome/Work-at-St-Peter-s>

Applications to be sent to the Human Resources Manager. Email [HR@stpeters.school.nz](mailto:HR@stpeters.school.nz) or post to Private Bag 884, Cambridge, 3450.



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## Job Description:

### Strength and Conditioning Coach

<b>Position Title:</b>	Strength and Conditioning Coach
<b>Reports to:</b>	Director of Sport
<b>Department:</b>	Sports Department
<b>Tenure:</b>	Permanent
<b>Hours:</b>	37.5 per week with flexibility as required.
<b>Position review date:</b>	July 2017

#### POSITION PURPOSE

The Strength and Conditioning Coach is to lead school wide strength and conditioning programmes for Junior Academies and First Teams and PE classes. The role also leads the design, organisation and maintenance of the weights room.

#### RELATIONSHIPS

The Strength and Conditioning Coach collaborates with staff/students in the following areas:

##### Internal

- Director of Sport
- TIC Weights Room
- Sports Administrator
- PE and Health Staff
- Academy Directors
- Weights Room Supervisor
- Students

##### External

- Parents and caregivers
- Suppliers and Contractors
- Coaches

#### MAJOR RESPONSIBILITIES

The Strength and Conditioning Coach is responsible for:

- Liaise with Academy and First Team coaches on athlete strength and conditioning needs, ensuring communication is clear and athlete needs are identified.
- Lead, design and implement programmes for athletes, programmes need to be planned and delivered as discussed with Head coaches and Lead teachers.
- Coach correct technique and follow best practice with athletes with student Health and Safety being paramount.
- Screen all Junior Academy students to ensure they have a programme to follow that improves muscle imbalances or aids with recovery from injury.
- Lead all aspects of strength and conditioning within the school to ensure athletes have access to strength and conditioning services to enhance performance.
- Communication with Academy leaders and coaches is proactive and any concerns or queries are positively addressed.
- Create and maintain an accurate database of students, ensuring athletes are tracked and monitored throughout each programme and from year to year.
- Actively supervise gym users at stated times.
- Educate gym users with correct technique and following best practice and ensure staff and students adhere to Health and Safety requirements.
- Educate gym users on correct gym etiquette and ensure users are safety exercising in the gym.

## **MAJOR RESPONSIBILITIES Cont.**

- Ensure the weights room is securely locked and left in a clean and tidy state after each morning and afternoon session.
- Design gym space and ensure the area is user friendly with appropriate equipment.
- Check and maintain equipment or organise repairs. All equipment must be in good condition and safe to use.

## **SAFETY AND WELLBEING RESPONSIBILITIES**

All staff must:

- Take reasonable care of, and cooperate with actions taken to protect, the health and safety of both themselves and others.
- Understand the major hazards, risks, compliance requirements and correct safe work procedures in their area of responsibility, including the reporting of hazards and incidents.
- Demonstrate a proactive approach to health and safety by challenging unsafe behaviour/attitude and providing leadership on work health and safety matters.

## **SKILLS AND ATTRIBUTES**

- Knowledge of, and experience in sporting environments.
- Experience and in depth knowledge of gym environments and equipment.
- High level oral and written communication skills with a client focus.
- Experience working with youth athletes through to High Performance.
- Demonstrated planning and organisational skills.
- Demonstrated ability to exercise discretion, tact and diplomacy when dealing with confidential issues.
- Solid decision making skills and problem solving skills.
- Demonstrated ability to communicate well to a diverse range of cultures and personalities.

## **PHYSICAL ATTRIBUTES**

- Exercise a high standard of professional dress and personal presentation.
- Ability to lift heavy weights.
- High level of physical fitness.

## **EDUCATION AND TRAINING**

- Tertiary qualifications in Sports Science or a related discipline, or an equivalent combination of relevant experience and/or education/training in the fitness industry.
- Good knowledge and use of Office suite of computer applications, e.g. Word, Excel, Outlook.
- Knowledge or a clear capacity to develop knowledge of the independent school sector.