



CHRIST'S COLLEGE
CANTERBURY

**ASSISTANT TO THE DIRECTOR OF SPORT
HEAD STRENGTH & CONDITIONING COACH**

POSITION CONTEXT

Since 1850, Christ's College has prepared generation after generation of young men for success in an ever-changing world. Catering for dayboys and boarders from Years 9 to 13, College combines innovation and excellence with tradition. We strive to prepare our young men with the skills and attitudes they need to succeed in life, always mindful of the needs of others and adhering to the core Christian values of honesty, respect and compassion. We want boys to feel comfortable to be themselves, while striving to be the best they can. Our mission is *each boy at his best*.

As a member of the Sports Management Team, the full time, ongoing Assistant to the Director of Sport (DoS)(ADS-S&C) is accountable to the Director of Sport and works alongside the Assistant to the Director of Sport MiC Rugby and Cricket - Sport Liaison for Sponsorship and Scholarships. This is both a technical and administrative role in a school which considers sport as critical to the successful delivery of its mission.

While working within the Sports Management Team, the ADS-S&C works closely with other parts of the school's organisation. From time to time, as directed by the DoS, the ADS-S&C will be involved directly and indirectly with programmes facilitated by the College Sports' Office and will be part of a team working within the wider school. They are expected to fully participate in all aspects of sport strategic planning of the College and to initiate and lead a variety of projects within their areas of expertise.

The ADS-S&C works collegially with all staff to facilitate new ideas and initiatives within their areas of responsibility. As a member of the Sports management team, it is expected that the ADS-S&C is open to and active in pursuing new and interesting projects to the benefit of the boys, and the College.

The ADS-SC will lead and manage the following:

- All matters associated with the management and further development of the strength and conditioning programme for all boys across all sports offered at Christ's College, therefore promoting a culture of participation, ambition and success.
- Manage the administrative organisation of the school's weights training facility

**ASSISTANT TO THE DIRECTOR OF SPORT
HEAD STRENGTH AND CONDITIONING COACH & COORDIANTOR**

Reporting to: Director of Sport

Functional Relationships

Internal

- Executive Principal
- College Executive
- Director of Sport and Assistant to the Director of Sport
- Compliance and Administration Manager
- Physical Education staff
- MiC's of sports
- Housemasters and Boarding staff
- Members of the Common Room
- Students

External

- Parents and caregivers
 - Wider College community
 - Third parties (especially external coaches, suppliers and contractors)
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Primary Function:

- To provide leadership and management of all aspects of the College strength and conditioning programmes for pre-season (preparation), in-season (maintenance) and off-season and rehabilitation/recovery as relevant to teams and individual athletes
- To support educational programmes in health and physical education curricular pertaining to strength and conditioning elements

Expectations of the Appointee

- A tertiary qualification in Sports Science or a related discipline required
- ASCA S&C Coach Accreditation preferred
- Combination of relevant experience, education and training essential
- The capacity to work flexible hours that average to be 37.5 hours per week and which reflect the changing intensities of engagement, season to season and in the sporting context

Remuneration

Salary will be commensurate with experience and qualifications

Ideal Person Specification

- An empathy with the College philosophy and sporting values and an understanding of the Independent School sector
- Enjoy working with young sportsmen, from beginners to elite level, and encouraging them to participate in sport
- Excellent organisational, administrative and time management skills
- Excellent interpersonal and communication skills
- Demonstrated leadership ability
- A professional approach and the ability to work co-operatively and effectively with colleagues and external parties to develop professional relationships
- Empathy and sensitivity to other cultures
- Ability to work independently and as part of a team

Key tasks:

Strength and Conditioning

- Manage and/or co-ordinate all strength and conditioning training sessions
- Supervise, manage and proactively maintain the Christ's College strength and conditioning facility
- Demonstrate a proactive approach to all aspects of Health and Safety as it relates to Strength and Condition in conjunction with the College Compliance and Administrative Manager
- Progressive and positive engagement with the parent community as it relates to the individual strength and conditioning programme for boys
- In conjunction with the Director of Sport, assist with the mentoring and monitoring of sports scholarship students
- Liaise with College coaches and managers as appropriate in designing and implementing programmes for teams and athletes

Fiscal

- Prepare and manage the annual strength and conditioning budget inclusive of equipment and coaching
- Order equipment as budgeted, maintaining an inventory and ensuring that all equipment and resources are accounted for

Other responsibilities and expectations

- Create and maintain an accurate database of students ensuring athletes are tracked and monitored throughout each programme and from year to year with whole of athlete wellbeing as a priority
- In an atmosphere of collegiality and confidentiality, participate fully in all College sport meetings and decision making
- Assist with the updating of and revision of the effectiveness of College Policy Documents relevant to strength and conditioning
- Attend, as required, sports prize givings and College functions
- On occasions, support other College programmes and initiatives e.g. enrolment, international students
- Contribute actively to the sporting co-curricular activities and whole of school sporting events (e.g. Athletics Sports Day) of College, as directed by the Director of Sport