



## ROLE DESCRIPTION

### HEAD COACH FITNESS

Strength and conditioning/athletic development  
Permanent part time minimum 30 hours per week

### ROLE PURPOSE

Inspired by the highest ideals of collaboration, cooperation, integrity and teamwork, the Head Coach of Knox Grammar's "KnoxFit" program, is an integral member of the Knox Sports and Aquatic Academy (KSAA). This role will report directly to the Director of Outdoor Sports.

### ROLE RESPONSIBILITY

This role will be responsible for the delivery and execution of the Knox Fit Program. Knox Fit is a non-competitive mass participation sport open to all students of differing physical abilities. As Knox Fit Head Coach, you will need to be comfortable working in gym-based settings, as well as delivering diverse cross-training sessions to school students.

You will have a coaching style that promotes student inquiry and active engagement in the learning process and a strong focus on achieving positive learning experiences and outcomes for students of all ability and engagement levels.

### ROLE ACCOUNTABILITY

#### Coaching Program

- As Head Coach of KnoxFit, you will be responsible for delivery and execution of all KnoxFit sessions, generally conducted week day afternoons and Saturday mornings.
- You will design and deliver the program and supporting communication strategies for KnoxFit.

#### Application of School Sporting Policies & Guidelines

- Support and adhere to the School's uniform policy for students.
- Work with coaching staff on matters related to the safe and efficient conduct of the program.
- Attend all program activities including coaches meetings, training sessions and Saturday sport

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- Liaise with the relevant Director responsible for providing reports on student performance and other issues as required.

#### Student Care

- Model exemplary behaviour reflective of the values and ethos of the School.
- Develop an effective working relationship and rapport with students.
- Undertake responsibility, as a Coach, for the care of students.

### Qualifications, skills and experience

- Certificate IV in Fitness
- Level 1 Australian Strength and Conditioning Certificate
- Senior level First Aid and CPR
- Experience in working with young adolescents, ideally in a school setting
- Experience in delivering a physical activity / exercise program for students
- Experience running large group gym based sessions
- Well-developed communication and interpersonal skills, with an emphasis on building and maintaining quality relationships with all members of the School's community.
- Flexibility and the ability to adapt and operate effectively in a demanding and changing environment.
- A degree in Exercise / Sports Science is desirable.

#### Student Focus

- A coaching style that promotes student inquiry and active engagement in the learning process.
- A strong focus on achieving positive learning experiences and outcomes for students, encouraging students to take opportunities to learn independently.
- Demonstrated ability to care for students in a sensitive and professional manner.

#### Professionalism

- Ability to articulate and generate enthusiasm for learning.
- The presentation of a professional, dedicated and inclusive attitude and demeanour at all times.
- Capacity to operate as a collaborative and team orientated person in a professional work environment.
- Ability to work unsupervised.

### WORK HEALTH & SAFETY

Actively support and contribute to the maintenance and development of a safe working environment.

- To report incidents or accidents to the appropriate staff as soon as possible.
  - To ensure equipment is maintained to a required and appropriate standard of use.
  - To report all maintenance issues to the appropriate staff as soon as possible.
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## LENGTH OF TENURE & APPRAISAL

The coach is appointed on a part-time basis 30 hours per week and will be expected to undergo processes of Performance Appraisal at regular intervals.

## REMUNERATION

Remuneration for the position will be commensurate with qualifications, skills and experience and in accordance with the terms and conditions of the General Education Services (Schools) General Staff Award 2010. Superannuation Guarantee at the current legislative rate will be paid by the school in addition to salary.

*Please note: Successful applicants will be required to provide the School with a current Working with Children Check number in accordance with Child Protection legislation*