



**ST JOSEPH'S
COLLEGE**

JOB DESCRIPTION FOR THE POST OF

Physical Performance Coach

FULL TIME

Job Description

General Requirements

All staff are expected to:

- Follow the College's Safeguarding policy and procedures and to ensure the well-being of all students in their care is their highest priority.
- Contribute to the day-to-day running of the school and follow its policies and procedures.
- Actively support the ethos of the College.
- Take an active role in ensuring the realisation of the College Development Plan.
- Treat each student as an individual with courtesy and respect
- Undertake any other duty deemed reasonable by the Principal.

Responsible to: Head of Athletic Development and Physical Wellbeing and Director of Sport.

Hours of work: Full Time: Monday to Saturday (Sunday maybe required on occasion).
Pre-Seasons for each major sporting term

Annual Leave: in line with College Holidays, there will be occasions when you are required to work during the holiday period

Roles and Responsibilities:

- Deliver physical performance coaching to St Joseph's College School sports teams and individual athletes and pupils.
- Design and implement conditioning and development programme for elite performance athletes, sports scholars and performance squads, aligning with the demands of relevant sports, under the direction of Heads of Sport.
- Work with performance athletes within the College on an individual, small group and team basis.
- Ensure that regular goal setting and programming is in place and supported for students across the College.
- Provide contemporary and current research and best practice with Heads of Sport, informing sector-leading and innovative coaching and programming.
- Liaise with the Head of Athletic Development and Physical Wellbeing and Heads of Sport regarding the content and delivery of strength & conditioning programmes.
- Working with Head of Athletic Development and Physical Wellbeing conduct regular testing sessions for all performance sport squads (Rugby, Football, Netball and Cricket) and sports scholars, assisting with data collection, management and dissemination.
- Assist the Head of Athletic Development and Physical Wellbeing, with the monitoring of elite developing athletes supporting the research and development programmes
- Liaise with relevant clubs, academies and partners to ensure a consistent approach is taken for individuals, whilst also managing player loads and/or recovery.
- Assist the Head of Athletic Development and Physical Wellbeing with the management and delivery of sports injury rehab clinics and monitor the re integration of students recovering from concussion.

- Support the develop of Core PE Physical Development Model in line with curriculum reforms.
- Support Heads of Sport with physical performance programmes for performance squads.
- Support the Head of Athletic Development and Physical Wellbeing and Heads of Sport with providing strength & conditioning knowledge for all coaches for their sessions, including designing, instructing and evaluating warm-up and cool down protocols.
- Support with fixtures, festivals and tournaments.
- Assist with / join appropriate Sports Tours, both national and international.
- Liaise with external bodies relating to sport science research that will inform school practice.
- Assist in Co-ordinating sports medical provision for fixtures and competition
- Assist in Co-ordinating internal sports medical provision, appointments and student injury management

General:

To create, build and sustain effective working relationships with all key parties to ensure effective, regular communication and to develop an understanding about the roles and benefits of Strength and Conditioning. Undertake a planned and agreed programme of CPD by St Joseph's College.

NB. This job description will be reviewed annually and may be subject to amendment or modification at any time after consultation with the post holder. It is not a comprehensive statement of procedures and tasks but sets out the main expectations of the College in relation to the post holder's professional responsibilities and duties.

Person Specification

Education and Qualifications	Essential	Desirable
Degree or relevant qualification.	✓	
Commitment to personal/professional development.	✓	
Experience	Essential	Desirable
Physical performance coaching (team based)	✓	
Knowledge and Understanding	Essential	Desirable
Secure knowledge and a good understanding of the key skills, concepts in specialist subject.	✓	
Clear understanding of the secondary curriculum and its assessment.		✓
Employ a range of effective coaching, learning styles and assessment methods.	✓	
Able to use assessment data to inform and set targets.	✓	
Coaching and Learning	Essential	Desirable
Ability to raise the achievement for all.	✓	
Committed to ensuring excellent standards of behaviour at all times.	✓	
Experience of working with both male and female sports teams in one or more performance sport.		✓
Experience of working with clubs, academies and governing bodies to collaborate on athlete development or recovery.		✓
Skills and Attributes	Essential	Desirable
Ability to establish good working relationships and effective teamwork.	✓	
Good communication skills	✓	
Excellent role model for staff and students.	✓	
Innovative approaches to curriculum delivery.		✓
Ability to generate ideas and drive initiatives		✓
Personal Qualities	Essential	Desirable
High expectations of students and colleagues.	✓	
Highly motivated and able to motivate and inspire staff and students.	✓	
Enthusiastic and committed.	✓	
A passion for coaching.	✓	
A forward thinking approach.	✓	
Excellent interpersonal skills.	✓	
Ability to be reflective and self-critical.	✓	
Display calmness under pressure.	✓	
Potential for further promotion.		✓
Charismatic - having a 'presence'.	✓	
Willingness to take on other roles and responsibilities within the department.		✓
Other Requirements	Essential	Desirable
Enhanced DBS Disclosure is required.	✓	
Ability to understand and demonstrate a commitment to equality and diversity	✓	
Safeguarding training	✓	

St Joseph's College Vision and Values

Core Framework

VISION

Continue to grow our nurturing environment, in which students are inspired to reach their full potential.

MISSION

At St Joseph's College, academic achievement, ideas, intellectual curiosity, collaboration and resilience are of equal importance.

CORE VALUES

Aspiration | Respect | Confidence

OUR AIMS

For the needs of each pupil's **mind, body, heart**, and **spirit** to be met, so that each one:

- ❖ Aspires to, and achieves, their academic and personal best
- ❖ Experiences an inspiring, progressive all-round education, which prepares them fully for their future
- ❖ Takes a positive and active role in their College, developing leadership skills and offering service to local, national and international communities
- ❖ Develops faith, self-confidence and self-esteem
- ❖ Acts with integrity, showing respect for themselves and all others