



SCEGGS Darlinghurst

Head of Athlete Development - Strength & Conditioning

Role Description

PURPOSE:

The Head of Athlete Development plays a leadership role to manage the SCEGGS Fitness Centre and oversee the Strength & Conditioning Program for all students. This position reports to the Director of Sport and is responsible for providing guidance to lead and enhance the athletic development program at SCEGGS, delivering structured, evidence-based training to support the athletic development of all students.

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.
- **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.
- **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.
- **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.
- **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.
- **Program Evaluation & Innovation:** Regularly assess athlete progress, refine training protocols based on data and research, and ensure continuous improvement.
- **Education and Workshops:** Deliver educational workshops and resources on topics such as nutrition, recovery, and injury prevention to students, parents, and staff.

SKILLS:

- Knowledge of injury prevention and rehabilitation practices
- The ability to modify programs based on injuries, athlete needs, or team requirements.
- Program safe and appropriate training loads and progressions based on athlete age, training history, sport demands, and recovery.
- Technical coaching with the ability to teach and correct technique to maximise performance.
- Strong knowledge of resistance training, mobility, plyometrics, speed, agility, and strength & conditioning methods.
- Excellent organisational skills and time management skills
- Outstanding interpersonal and communication skills, with a focus on motivating and inspiring young women.
- Be available for training sessions before and after school.

QUALIFICATIONS:

- Bachelor's Degree (or higher) in Exercise Science or equivalent field
- Minimum Level 2 ASCA (Australian Strength and Conditioning Association) accreditation
- NSW Working with Children Check (Employment Status) essential
- A current Senior First Aid/CPR certification
- Experience working with female athletes and understanding of the unique aspects of their physical development
- Previous experience in a similar role, ideally within a school or youth sports setting