**The Role of Strength and Conditioning Supervisor**

**St Patrick’s College, Strathfield**

(Revised November 2016)

**INTRODUCTION:**

The Strength and Conditioning Supervisor is a member of the Teaching staff and reports to the Principal through the Director of Co-Curricular. The function of the Strength and Conditioning superior will be responsible for planning, writing of student and sport specific programs as well as supervising and controlling the day to day operations of the Farrell Room.

**BASIC ROLE PURPOSE:**

The Strength and Conditioning Supervisor provides a welcoming atmosphere where excellence is encouraged and fostered. Contribution to the development of the College’s Catholic culture and the promotion of Christian values through personal witness. The Strength and Conditioning Supervisor will sustain a high level of professional knowledge, ensuring they are aware of current system developments and the ability to implement and maintain an accurate record and reporting system.

**ACCOUNTABILITY:**

The Strength and Conditioning Supervisor is accountable to the Principal and reports to the Principal through the Director of Co-Curricular.
ROLE EXPECTATIONS:

The Strength and Conditioning facilitator is responsible to the Director of Co-Curricular for the supervision, writing, maintenance and operation of the Farrell Room. In particular they are responsible for:

1.1 Teaching a 0.5 load mainly within the PDHPE Department;
1.2 Identifying students who would benefit from strength and conditioning programs and monitoring their attendance at these programs;
1.3 Designing, implementing and evaluating strength and conditioning programs for students across all sports;
1.4 Supervising the weights room and gymnasium area each weekday morning from 7.00am to 8.35am and four weekday afternoons from 3.30pm to 5.00pm as well as daily lunchtime periods.
1.5 Testing regularly those students in strength and conditioning programs to monitor the effectiveness of such programs and subsequent reporting to the Sportsmasters and relevant MIC’s;
1.6 Liaising with relevant coaches to facilitate improved performance in games;
1.7 Supervising and maintaining current equipment used in strength and conditioning programs and making recommendations about the purchase of new equipment to enhance the programs;
1.8 Being actively involved in the Co-Curricular life of the College particularly in support of the College’s sporting program;
1.9 Advising and monitoring students in terms of correct dietary intake;
1.10 Compliance with all WHS requirements in regard to supervision and Farrell Room.
1.11 Other Duties as assigned by the Principal