Reports to 1: Sports Director
2: Business Manager

Agreement: Victorian Government Schools – Schools Services Officer Agreement 2004 (updated 2008)

GENERAL ROLE
Under the supervision and guidance of the High Performance Manager, to provide expertise in the development and delivery of quality physical preparation services to Maribyrnong College athletes within the Sporting Excellence Program. The successful applicant will liaise with coaches and appropriate college staff to design, implement, monitor and evaluate training programs to maximise performance, prevent injury and rehabilitate injured student athletes.

RESPONSIBILITIES
The specific responsibilities of the role are:

1.1 Athletes and Sport Programs
1.1.1 Design and deliver physical preparation programs for specific sport programs and individual athletes as delegated by the High Performance Manager.
1.1.2 Liaise with coaches and relevant college support staff to design, implement, monitor and evaluate individualised training programs on a daily and weekly basis
1.1.3 Attend regular meetings with coaches and college support staff to discuss progress of individuals and teams with relation to performance, conditioning, injury prevention and athlete rehabilitation
1.1.4 Develop and maintain strong professional relationships with Athlete Development Program (ADP) teachers, sport coaches, other Physical Preparation staff, Performance Analysts and other athlete service providers including physiotherapists, sport psychologists and sports nutritionists.

1.2 Program Administration
1.2.1 Collect and maintain physical preparation data including fitness and injury profiles on all athletes.
1.2.2 Prepare regular progress reports for sports programs on key areas of responsibility.
1.2.3 Maintain equipment and resources in consultation with High Performance Manager.

1.3 Physical Preparation (PP) Education
1.3.1 Contribute to athlete and coach education via presentations in workshops and seminars
1.3.2 Represent the PP department in multi-disciplinary forums
1.3.3 Work independently and as part of the PP team to ensure the college adopts cutting edge practices, in athlete preparation, coaching, planning and evaluating physical preparation services

1.4 Personal and Professional Development
1.4.1 In conjunction with the Sports Director and High Performance Manager, establish and implement a personal and professional development plan
1.4.2 Become proficient in utilising technology to integrate sport science and sports medicine
1.4.3 Undertake professional development in a range of strength and conditioning areas e.g. Pilates, Core Stability, rehab etc.

1.5 Other
1.5.1 Ensure OH&S principles and practices are adhered to by all facility users
1.5.2 Maintain relevant First Aid qualifications including CPR
1.5.3 Frequent out of hours work is required. Domestic travel is also required.
1.5.4 Working with Children (WWC) check essential
1.5.5 Bus Licence and Driver’s Certificate an advantage (VicRoads)
1.6.6 Austswim qualification or lifesaving award an advantage

RELATIONSHIPS
1. Responsible to the Sports Director via the High Performance Manager for the day to day program delivery
2. Liaison with coaches and other college staff regarding the specific requirements of individual athletes and sports programs

KEY PERFORMANCE INDICATORS
1. Improvements in the physical preparation and performance variables of individual athletes in the Sporting Excellence Program
2. Feedback from athletes and sport coaches regarding the effectiveness of program in terms of physical conditioning
3. Contribution to PP departments in delivering cutting edge services