

## POSITION DESCRIPTION

<b>Job Title</b>	Casual Strength & Conditioning Coach	<b>Line Manager</b>	Head of Sports Performance and Coaching
<b>Department</b>	Sports	<b>Position Type</b>	Casual (15-20 hours a week)
<b>Location</b>	Onsite		

### Position Summary

Ormiston College is seeking a motivated and experienced Strength & Conditioning Coach to assist in building and delivering a Long-Term Athletic Development (LTAD)–based performance program across Junior and Secondary School students. The successful applicant will contribute to programming and implementation across strength & conditioning, junior cross country, and speed & conditioning programs, working closely with the Head of Sports Performance & Coaching. This role supports the continued development of the College’s Strength & Conditioning program, which is currently in a growth phase. The successful candidate will assist in building engagement, structure, and culture within the weight room and broader athletic development framework.

### About Strength & Conditioning at Ormiston College

Ormiston College is continuing to build a structured, student-athlete-centred Strength & Conditioning program aligned with long-term development principles. The focus is on teaching students how to move well, develop foundational strength and athleticism, and support their participation across multiple sports. The program values quality coaching, consistency, and education, with an emphasis on safe progression and positive athlete experiences.

### Key Responsibilities

- Assist in programming and implementing a Long-Term Athletic Development–based Strength & Conditioning program (Years 7–12)
- Program and implement Junior School Cross Country training (Years 3–6)
- Assist in delivering speed and conditioning programs for field and court sports
- Provide coaching cues and technical feedback to ensure safe and effective movement
- Maintain professional standards aligned with school policies and child safety requirements
- Program and implement fitness programs to support school, staff, parents and teachers.
- Communicate session plans and athlete progress to the Head of Sports Performance & Coaching
- Support the development of a positive training culture within the College

### Session Times

- Morning and Afternoon availability required as most sessions will be before and after school.

## Qualifications & Requirements

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### Essential

- Valid Blue Card (paid)
- ASCA Accreditation (or currently working towards; Level 1–Associate Level 2 desirable)
- Interest in youth athletic development and school-based S&C
- Strong understanding of Long-Term Athletic Development principles
- Ability to coach and cue fundamental movement patterns effectively
- Strong communication
- Organisational skills for session planning and programming
- Professional conduct aligned with school values

### Desirable

- Experience coaching youth or adolescent athletes
- Current first aid / CPR
- Studying or recently completed an exercise, sport science, or related degree

### Mentoring & Professional Development

- Direct mentoring from the Head of Sports Performance & Coaching
- Mentoring hours applicable toward current ASCA accreditation requirements
- Real-world experience designing and implementing programs in a school setting
- Ormiston College uniform provided

### Reporting Line

- Reports directly to the Head of Sports Performance & Coaching

### Remuneration

- Remuneration aligned with experience and ASCA accreditation level.
- Role will work 15-20 hours a week.

## How to apply

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Via Email – submit your application to [humanresources@ormistoncollege.com.au](mailto:humanresources@ormistoncollege.com.au).

Please attach your resume and cover letter.

We extend our sincere thanks for your interest in joining the team at Ormiston College; however, only those selected for an interview will be contacted.

Applications will not be accepted after the closing date.

The College reserves the right to interview and appoint a suitable candidate prior to the closing date of this advertisement. We encourage interested applicants to submit their application as soon as possible.

Other conditions of employment, including entitlements, are as per the Ormiston College Enterprise Agreement, a copy of which will be available upon request, should your application progress to an interview.

Further information about Ormiston College can be accessed at [www.ormistoncollege.com.au](http://www.ormistoncollege.com.au).