



JOB DESCRIPTION

St David's College

Post Title:	Resident Sports Assistant (Strength & Conditioning)
Department:	Sport and Boarding
Location:	St David's College, Llandudno, North Wales
Reports to:	Director of Sport and Designated Housemaster
Date of Issue:	September 2022

The Organisation is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

Role Summary

The Resident Sports Assistant (Strength & Conditioning) will work closely with the Director of Sport and the Director of the Curriculum and Housemaster to provide valuable support to delivery of an extensive weekly sports and wider-curricular boarding programme. You will be assigned a Mentor for the academic year who will advise on your professional development and working with pupils. The post holder will be committed to developing and establishing exceptional work ethic, enjoyment in Physical Activity in line with our Model, positive attitudes, and enthusiasm in our pupils.

Duties and Responsibilities

The following list is not exhaustive, but the post holders' principal responsibilities are:

- Planning and leading Strength & Conditioning coaching for all pupils. This includes running clubs, supporting, and coaching games lessons, supervising activities and attending other Schools for sports fixtures. Supporting activities as part of our extracurricular programme.
- To adhere to the terms of the Residency Agreement.

- To be aware of the implications of the National Minimum Standards for Boarding Schools for welfare and pastoral care in the house and to ensure that, in looking after the pupils in his/her care, he/she complies with the principles and procedures of the Children Act and related regulatory guidance as and when it is published •
- To aid the residential pupils in their day to day lives as in loco parentis, including tasks such as wake up, dorm call, prep support, house security (lock-up), etc.
- Delivering Strength & Conditioning coaching sessions in support of our athletic development programme for focused groups, reflecting the needs of the Sport and the Individual Pupil.
- Collaboratively working with other sports colleagues to coach pupils within expected best practice frameworks and adopting the core values of St David's College, namely Head of Pastoral and Boarding and Cadogan.
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- Being part of the pastoral staff in the provision of activities for pupils in the evenings and at weekends.
- Sport and wider curriculum administration, mainly assisting with the management, organisation and supervision of sports fixtures, extra-curricular activities and trips.
- Attending School trips.
- On a rota with the four other Resident Assistants.
- Communicating with the Marketing Manager any relevant news and developments to be shared through the schools' media channels.
- Supervise pupils travelling home on School transport at exeat weekends, half-terms and at the beginning and end of terms.
- Accompanying Sports Students to pathway training (e.g., RGC Rugby, LTC Tennis, Llandudno Swimming, Colwyn Bay Athletics).
- Driving school Minibuses
- Any other duties or special projects as advised by the Director of Sport and Head of Boarding.

Other Information

At the heart of your tasks are an active enthusiasm for education and an equally active enthusiasm for the young people being taught. If not already qualified, you will obtain a within the first few weeks in post and be given the support to gain additional coaching qualifications where appropriate.

The following duties are ones which all staff are required to perform:

- Promote and safeguard the welfare of children and young persons for whom you are responsible and with whom you come into contact;
- Observe health and safety procedures and work safely at all times;
- To be responsible for your own continuing self-development, undertaking training as appropriate to the working environment and location, and developments in your role;

- Undertake any other duties as required by your manager in order to meet the changing needs and demands of the Organisation.
- Conduct yourself with professionalism, tact and diplomacy at all times as a representative of the Organisation.

Review

This job description is provided to assist the post holder to know their principal duties. It may be amended in consultation with the post holder without change to the level of responsibility or remuneration appropriate to the post.

PERSON SPECIFICATION

ATTRIBUTES	ESSENTIAL <i>These are qualities without which the applicant could not be appointed.</i>	DESIRABLE <i>This information could be used to differentiate applicants.</i>	HOW IDENTIFIED <i>(Application / Interview)</i>
Qualifications	University degree (or working towards and seeking an undergraduate professional placement) in Strength & Conditioning / Sports Performance / Sport Science / Physical Education / Sports Coaching & Development or any similar	Relevant sports qualifications related to education, coaching or working with children or young people, for example UKSCA or UKCC Level 1 or Level 2	Application Form

<p>Knowledge & Skills</p>	<p>Experience in athletic development coaching any one or more of these sports: Rugby, Football, Netball, Cricket, Tennis, Athletics/ Cross Country, Swimming, Badminton or Basketball</p> <p>Excellent communication skills</p> <p>Ability to motivate and enthuse students, and work collaboratively with colleagues</p> <p>Excellent organisation skills, time management and ability to prioritise</p> <p>Demonstrable evidence of administration skills and good working knowledge of Microsoft Office e.g. Word, Excel and Outlook</p>	<p>A sports person who has significant experience coaching strength & conditioning and/or who has played sport at a high level, preferably to university 1st Team or Academy standard.</p> <p>Excellence in one or more of the areas outlined in the summary of the role</p>	<p>Application Form/ Interview</p>
<p>Experience</p>	<p>Work with children/young people in a School</p> <p>Experience of working in a team and able to work flexibly to support the department</p>	<p>Experience of working in a Charity, School or educational setting</p> <p>Work with children/young people in any capacity</p>	<p>Application Form/ Interview</p>
	<p>Ability to plan and organise workload efficiently and effectively</p>		

Personal competencies and qualities	<p>A passion for working with children in an educational setting</p> <p>Open minded and ability to reflect</p> <p>Energy, enthusiasm and generosity</p> <p>Able to work well under pressure and respond to change</p> <p>Resilience, commitment and confidence</p> <p>Both independent and a team player, capable of creating new ideas and implementing them</p> <p>Appreciation of the ethos of a boarding School</p>	<p>Openness to trying new experiences</p> <p>Willingness to learn new skills and acquire new areas of knowledge</p> <p>Understand the importance of safeguarding in a School environment</p> <p>Knowledge and understanding of the Benedictine ethos and values</p>	<p>Application Form/ Interview</p>
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Received by (print name): _____

Signature: _____

Date: _____