



Position Description

Position:	Assistant Rowing Coach
Appointed by:	The Principal, or Deputy Principal and the Director of Rowing
Responsible to:	The Director of Rowing
Location:	Garnsey Campus and Rowing Shed

Job Description

Your role as an Assistant Rowing Coach in the Gippsland Grammar Rowing Program will require your initiative, a responsible and professional approach, reliability and time management to ensure the smooth and efficient running of the school rowing program. We are seeking coaches who will add value to the rowing program.

Professional and Personal Development

Our Director of Rowing will be actively involved in your continued professional development throughout the season. Weekly meetings will be held with the coaching team, or on an individual basis if required, to ensure you are receiving the support required to progress as a professional. Clear and consistent guidelines will be provided to aid this progression. You will also have the opportunity to train as an athlete yourself and develop your personal rowing skills, if you wish to, with coaching provided by the Director of Rowing.

Your success in the program and enjoyment throughout the season is determined by your willingness to push your own limits, your ability to earn the respect of the staff and students you work with and the approach you take to your time living and working in Sale. Be prepared to ask for support, help and guidance. Make use of the resources at your disposal and take advantage of opportunities as they arise.

Duties:

a. Day to Day Responsibility

- Ensuring the safety of every student during all training activities, including all land training and water training activities.
- Managing the behaviour and enforcing the dress code of students in your care, on and off the water as required.
- Attending all scheduled training sessions, camps, regattas, boat loading/unloading, rowing functions and coaching meetings (weekly) as described in the rowing calendar and your individual timetable.
- Recording, assessing and provision of performance management to aid student progress through regular feedback - the use of video analysis (for scullers) and/or voice recordings (for coxswains) is expected.
- Security, maintenance and care of all rowing equipment – notifying the Director of Rowing/Boatman of any necessary repairs required or damage sustained. This will include routine equipment inspections and maintenance. You will be expected to perform basic boat maintenance or repair procedures.

- Using your experience and expertise to coach the students in best practice to achieve the technical model as prescribed by the Director of Rowing.
- Promotion of good practice to guide and educate the students in personal fitness/training load management, including strength and conditioning, flexibility, nutrition, rest and recovery in line with the training provided by our Strength and Conditioning coaches.
- Providing administrative, logistical and practical support to the Director of Rowing as and when required. Specific responsibility for aspects of the program will be allocated to you depending on prior experience and willingness to contribute.
- To uphold and promote the Anglican ethos and School values of Compassion, Leadership, Excellence, Responsibility and Respect; representing the school in a professional and courteous manner to act as a role model to the students in your duty of care.
- Contribute to the success of the program through coaching team meetings, implementation of the training plan and technical model and the promotion of the values and aims of the program. You are actively encouraged to use your experience, initiative and creativity to add value to the program in day to day training and in the long term.

Specific Activities within the Role:

- On-water coaching of Junior, Intermediate and Senior crews
- Off-water coaching of Junior, Intermediate and Senior students in land training sessions (Strength and Conditioning, Ergs, Flexibility and Mobility sessions)
- Recruitment, Coordination and Coaching of new students in the Learn to Row program
- Coordinating and Coaching Year 7 students as part of the 'Rowing in PE' program, in liaison with school PE Staff.
- Coordinating and Coaching staff members in the 'Staff Rowing' program

Key Selection Criteria:

- University level education, ideally in a sports related field but not essential
- Knowledge and experience in rowing, specifically sculling or coxing
- Experience and/or qualifications coaching rowing (desired but not essential)
- Experience in managing or coordinating a rowing squad or program (desired but not essential)
- Excellent organisational skills and a team work ethic
- Ability to engage and maintain professional relationships with members of the School community.
- Eligibility to obtain a Temporary Activity Visa (class 408)

For further detail on the role of the Assistant Rowing Coach – please see overpage.



Role of the Assistant Rowing Coach

“Assistant Rowing Coaches at Gippsland Grammar don’t just coach”

At Gippsland Grammar we scull exclusively, primarily in coxed quad sculls and singles, although we also have a small number of racing doubles. The primary focus boat for the major regattas of the season is the coxed quadruple scull, although speed order trials are used to select the focus boat class.

Your primary duty will be the on-water coaching of our athletes. The technical model and training plan is prescribed by the Director of Rowing. You are expected to learn and to coach the technical model by applying your technical knowledge, skills and experience. It is imperative that all athletes in the program, through all year groups, are rowing in the same style and understand the common language. The role of coaching a crew (or crews) will include the technical, physiological and psychological elements of athlete development as well as practical boat and equipment care and rigging. You will have the full support of the Director of Rowing throughout your time in the program, and you will be coached and mentored to enable you to become the best coach you can be as you develop your own coaching style.

In addition to your on-water duties, you and the other Assistant Coaches will co-ordinate and run the land training sessions as well as any additional tasks required by the Director of Rowing to keep a medium sized school rowing programme running smoothly and successfully, this includes necessary administration tasks. The details of the role are identified in the position description.

Through weekly coaching team meetings, there will be plenty of scope for your contributions and to utilise your expertise and experience. Your degree subject, strengths and interests will be taken into consideration when allocating an area of responsibility and a crew or squad. The secondary duties will be allocated to you based on your area of expertise.

We travel long distances to attend regattas. Regattas are held in Geelong, 286km away, Nagambie, 350km away, and Canberra, 525km away. Due to the distance to regattas we depart Sale on the afternoon prior to each regatta. We stay overnight at our destination heading to the regatta site early the next morning. We return immediately after each regatta, often arriving home quite late.

Assistant Coaches assist in the loading of the regatta trailer and if willing, able and suitably qualified, may assist in driving the trailer to regattas. We travel to regattas in a comfortable coach and you will be expected to assist in the supervision of athletes during the journey.

You will be required for coaching duties during before school early morning sessions, after school sessions and Saturday morning. Land training sessions are held during lunch. You are also expected to attend regular meetings at school with the Director of Rowing, these are held weekly on Monday mornings. Outside of these times, your time is your own. You will have time off during the school holidays in September, and an extended break in the summer holidays, from early December to mid-January. There are two rowing camps held during the summer holidays for which you will be required. The ‘home’ camp is held over four days at the beginning of the holidays and will be at the rowing shed in Sale. The ‘away’ camp is over one week and is held on the Nicholson River in Johnsonville, about an hour from Sale, at the end of the summer holiday break.

Gippsland Grammar set qualifying standards for crews who wish to compete at the National Championships, and only crews who meet that standard will be selected to attend. If you are the coach of the qualifying crew, you will attend this regatta with your crew. Other Assistant Coaches are invited to attend the regatta and all coaches are offered the opportunity to compete if they wish!

The rowing program is supported by The McColl Club, the parent committee. They are responsible for catering at regattas and camp, as well as providing financial assistance to the rowing program.

The parents of the McColl Club will support you during your time in Sale, often inviting you to dinner or on trips with their families. When interacting socially with any parents, you are to maintain professional conduct and confidentiality. You will be housed in a three-bedroom property which you will share with the other coaches. All of your household bills are included, this includes a home internet subscription (this has a limited quotient but can be topped up at your own expense each month). You will be provided with a fortnightly allowance during your stay which should be adequate to cover your living expenses.

Assistant Coaches are encouraged to continue their own rowing and there will be suitable sculls available for your use. There will be time during most days for you to train, as well as early mornings and, after coaching, in the evenings. The Director of Rowing will coach you should you wish to develop further as an athlete, and you will be provided with the opportunity to compete in regattas locally including State and National Championships if desired. Additionally, there are a number of sporting clubs in town, including cycling, netball, hockey, football, soccer, cross-fit, running, yoga, pilates and swimming.

There is also the opportunity to become involved in the wider school community, so if this interests you we can discuss options further during interview.

If you are going to make the most of your time in Australia it is advisable to have enough financial resources to enable you to travel during the summer holiday period.

For further information on the region, visit the local municipality's website:

<http://www.wellington.vic.gov.au/Enjoying-Wellington>