



Appointment of

Volunteer Athletic Development Coach

1 year work placement (part-time)

The Environment:

St Joseph's College is an independent school with Christian values that gives students space to thrive. Being part of the St Jo's Community is a once-in-a-lifetime experience. We provide a stable foundation for students, and we take happiness very seriously.

At St Jo's we support the intellectual, spiritual, physical and emotional growth of every pupil. We firmly believe that children who thrive are the happiest of all and this creates an environment that is inspirational for staff as well as students.

An energetic forward-thinking college, St Jo's is a day and boarding school for boys and girls aged 2-19 years.

St Joseph's College has a long reputation of success in Rugby, Football, Netball and Cricket. There are high levels of enthusiastic participation throughout the school, and a record of competitive success over several decades. Many players regularly achieve representative honours at regional, academy and national levels.

The College has industry-leading relationships with professional clubs and universities. These enhance delivery in the school and provide pathways for many talented players. Academy partnerships with Ipswich Town Football Club, Ealing Tralifinders and Brunel University are three examples. The school is an accredited TASS Dual Career Centre and offers the BTEC Performance Sport Course, which enables aspirational players to study in the morning and train every afternoon.

Sport and Physical Education are delivered by an experienced team of industry-leading sports coaches and teachers, supplemented by well-qualified support staff, including full-time strength and conditioning coaches. The College proudly hosts one of the world's most prestigious schoolboys sporting events - the National Schools Rugby Festival - each October. This is the premier Under 18 schoolboys' rugby competition in Europe if not the world.



The Opportunity:

St Joseph's College, as an aware employer, is committed to safeguarding and promoting the well-being of children and young people as its number one priority. Robust recruitment, selection and induction procedures operate throughout the College and extend to services linked on its behalf.

General Requirements

All staff are expected to:

- Follow the College's Safeguarding policy and procedures and to ensure the well-being of all students in their care is their highest priority.
- Contribute to the day-to-day running of the school and follow its policies and procedures.
- Actively support the ethos of the College.
- Take an active role in ensuring the realisation of the College Development Plan.
- Treat each student as an individual with courtesy and respect.
- Undertake any other duty deemed reasonable by the Principal.

Responsible to: As a member of the sports science support staff, the Volunteer Athletic Development line manager will be the Head of Athletic Development & Physical Wellbeing

Salary: Travel expenses (tbc), kit package, lunches provided

Hours of work: 15-25 hours per week (Monday - Saturday, hours tbc in line with current academic timetable)



The Responsibility:

Athletic Development:

- Deliver S&C coaching to St Joseph's College School sports teams and individual Student-athletes
- Liaise with the Head of Athletic Development & Physical Wellbeing regarding the content and delivery of strength & conditioning programmes. Receive and convey information given by the medical team on individual player needs to reduce risk of injury, optimise player availability and maximise performance
- Conduct termly testing sessions for all performance sport squads (Rugby, Football, Netball and Cricket) and assist with data collection, management and dissemination
- Assist in the management and delivery of sports injury rehab clinics and monitor the re integration of student-athlete recovering from injury
- Assist in the design and implementation of a physical development curriculum for both Secondary School and Prep School that reflect scientific principles as they relate to growth, maturation and long-term athletic development
- Continue to develop and evolve the Youth Physical Development Model
- Aid the Heads of Sport to provide strength & conditioning knowledge for all coaches for their sessions, including designing, instructing and evaluating warm-up and field-based activity
- Under the guidance of the Head of Athletic Development & Physical Wellbeing, create sport science related case studies and project to further develop the science led practice at the College



General

To create, build and sustain effective working relationships with all key parties to ensure effective, regular communication and to develop an understanding about the roles and benefits of Strength and Conditioning. Undertake a planned and agreed programme of CPD by St Joseph's College.

Within the rules of professional confidentiality liaise with athletes, parents, coaches and other support staff as appropriate.



The Sports Faculty

Mr O'Riordan
Director of Sport and
Business Development
07860 846089
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Background: Former tight
head prop & former
professional Director of
Rugby



Mr Ingle
Deputy Director of Sport
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Background: Former
professional rugby player
for Northampton Saints,
Oundle School Head of
Rugby, RGS Newcastle
Assistant Director of Sport



Mr Winter
Director of Rugby
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Background:
Former Director of Rugby:
Coventry RFC (UK
Championship), Cambridge
RFC (Nat 1)
Northampton Saints
Academy Coach



Mr Wenham
Head of Prep Sport
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Background: 1st XV Coach
at Woodhouse Grove and
Uppingham Schools,
teacher of PE & Academy
Coach Developer



Ms Wingate
Teacher of PE & Head of
Netball
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Background: Suffolk
County Netball Coach,
National League player



Ms Shorten
Football Pathway Manager
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Background: England
Coach, ITFC Academy
Coach



Mr Skuse
Coaching Professional
(Football)
stskusec@stjos.co.uk
Background: Former ITFC
Vice Captain, currently
playing for Colchester
United



Mr Zaman
Head of Cricket
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Background: Former
cricket player for Pakistan
and Head Coach at
Lancashire County Cricket
Club



Mr Foster
Head of Athletic
Development & Physical
Wellbeing
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Background: formerly
Assistant Strength and
Conditioning Coach



Ms Lowe
Teacher of PE (Prep focus)
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Background:
National League hockey
player, teaching
professional



Ms Barrow
Teacher of PE & Head of
Examination PE
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Background: Welsh Age
Group Netball Coach,
Assistant Head of Faculty



Mr Henman-Mason
Teacher of PE & Football
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Background: Semi-
professional footballer for
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Mr Artiss
Assistant Physical
Wellbeing Coach
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Background: Strength and
Conditioning Coach ITFC



Mr Chandler
Teacher of PE I/c of
Hockey
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Background: National
League Hockey player,
teaching professional -
Girls Sport specialist



Mrs Logan
Part-Time Prep Sports
Coach
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