



Creating tomorrow's champions today!

Mount Hotham Racing Squad
PO Box 136, Flemington, Victoria, 3031
URL: { HYPERLINK "http://www.mhrs.org.au" }
Phone: 03 5759 3538

POSITION DESCRIPTION

Position: Strength & Conditioning Coach
Rotating FIS & ALPINE Coach

Reports to: Athletics Director

Direct Reports : NIL

Work Hours:

The *'Strength & Conditioning Coach'* shall be available on a full time basis for the duration of the agreed contract period.

On Snow – 60%

Off Snow – 40%

The negotiated *'Employment Agreement'* specifies dates of employment and remuneration.

ACCOUNTABILITY

The Strength and Conditioning Coach shall be accountable for;

- The management of the dry-land component of all programs, including but not limited to;
 - Program design and delivery

Duties | Pre-Season **SPECIFIC** | February to June

- Prepare detailed dry-land program plans; MUST be complete by MAY 2015
- Preparation (editing) of the Dry-Land information (particularly stretching & cool down) for athlete handbook
- Recommend and advise on 'dry-land'/gym equipment
- Ensure necessary equipment is on-mountain for running age-appropriate dry-land activity for all programs

Duties | On Snow program **SPECIFIC** | June to September

- Supervise and/or deliver dry-land sessions for all programs
- Support FIS and ALPINE programs, particularly athlete preparation for racing
- Support specialist programs including school holiday and school (preparation Interschools) programs
- Support/Supervise return to snow (dry-land) programs for all injured athletes
- Attend any all Senior Management team meetings as required

Duties | **GENERAL**

- Adhere to the 'MHRS Coaching Code of Ethics'
- Promote a love and passion for the sport of alpine skiing and ski racing
- Ensure that MHRS athletes are represented fairly in all coaches meetings
- Promote the values of 'Fair Play' and provide equal treatment to all athletes
- Create a *'Safe, Challenging, Productive and Fun'* environment for all athletes
- Ensure the health and welfare of all MHRS athletes when/if travelling with them



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- Facilitate the development of technical, tactical, and life skills in a positive and professional manner
- Be knowledgeable about appropriate local, national and international rules
- Assist with the administering of the 'Athlete Code of Conduct'

LEADERSHIP

- Communicate all relevant (dry land) information to all MHRS coaching staff in a timely and professional manner

COMMUNICATION

- Maintain consistent communication with club members

ADMINISTRATION AND REPORTING

- Maintain coaching journal
- Manage personal expenses as they relate to claims for reimbursement
- Attend any and all relevant meetings
- Support preparation of written year end athlete reports
- Support up to date video logs for athletes
- Prepare written program reports as required and requested
- Provide end of season (program) evaluations with emphasis on solutions

EQUIPMENT

- Ensure proper handling and storage of all club (gym) equipment
- Manage the selection of Gym equipment
- Assist with the repair of existing gym equipment where possible

PROFESSIONAL DEVELOPMENT

- Attend professional development sessions as required
- Conduct professional development sessions focused on dry-land programs as required