

Strength and Conditioning Coach

Position Overview

Come and join Loreto College Marryatville, South Australia's Number 1 Independent Catholic girls' school and grow your career.

The Strength and Conditioning Coach supports the physical development, performance, and wellbeing of student athletes within the College's rowing program. Working closely with the Head of Rowing, the coach designs, implements, and evaluates age-appropriate strength and conditioning programs that enhance athletic performance while promoting safe training practices and injury prevention.

The role is responsible for developing students' strength, agility, endurance, mobility, and overall athletic capability through evidence-based training methods tailored to the developmental needs and abilities of individual rowers. The coach fosters a positive and inclusive training environment that encourages participation, resilience, teamwork, and personal growth.

Knowledge and Skills Required

- Demonstrated experience designing and delivering strength and conditioning programs for adolescents
- Knowledge of injury prevention, and safe training practices
- Understanding of requirements of a wide range of sports, including structures, umpiring, equipment, etc

Personal Qualities

- Exceptional organisational and time management skills
- Superior interpersonal skills, including the ability to listen and communicate effectively and empathetically to achieve successful outcomes
- Excellent communication skills, both written and verbal, that can be used effectively with staff, students and parents
- Ability to work independently, be self-motivated and proactive and also be an active and supportive contributor in a team environment

Qualifications

- Relevant qualification or accreditation in Strength and Conditioning coaching
- Approved first aid, emergency asthma and anaphylaxis management training
- Responding to Risk of Harm, Abuse and Neglect – Education and Care certificate

Application Details

The position is a replacement part-time position, working 7.5 hours per week (0.2 FTE). The position commences on 20 January 2027 and concludes on 7 December 2027.



LORETO COLLEGE
Marryatville, South Australia

Please provide copies of the following documents:

- Address each of the Selection Criteria outlined in the role description (download from www.loreto.sa.edu.au/employment)
- Your Curriculum Vitae
- The name, addresses and full contact details (including email address) of three current referees who may be approached.
- All applicants will be required to complete an Applicant Declaration Form for School Employees which is available on our website. This form must be submitted with your application.

Additional Requirements

- Approved first aid training
- Responding to Risks of Harm, Abuse and Neglect - Education and Care certificate
- All applicants will be required to undergo a Working with Children Check and Catholic police clearance. Please attach any relevant certificates to your application.

Applications close at 9.00 am on Wednesday, 2 September 2026

Please forward your application to Anna Fitzpatrick at anna.fitzpatrick@loreto.sa.edu.au