

# Pymble Ladies' College

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## POSITION DESCRIPTION

**Title:** Rowing Coach

**Date updated:** May 2025

**Reports to:** Sports Co-ordinator

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## COLLEGE VALUES



Pymble Ladies' College has five core values which guide our behaviour and interactions with one another and affirm our commitment to the Christian heritage of Pymble Ladies' College and our identity as a school of the Uniting Church school in Australia. All roles, policies and procedures are underpinned by these values, and the expectation that students, staff, and the wider College community alike live our values every day.

**CARE** – I am kind to myself and others

**COURAGE** – I am open to new experiences to learn and grow

**RESPONSIBILITY** – I take ownership of my actions

**RESPECT** – I value diversity, my worth and the worth of others

**INTEGRITY** – I do the right thing, even when no one is watching

## **POSITION SUMMARY**

The Rowing Coach will assist with the supervision, mentoring and training of Pymble Ladies' College students.

## **ROLE ACCOUNTABILITIES**

### **1. Coaching**

- 1.1 Implement the training program which is administered by the Coaching Director – Rowing.
- 1.2 Monitor and coach each individual rower to improve their technical skill, physical conditioning and mental skills to improve their rowing performance.
- 1.3 Coach crews according to the Rowing Australia technique guidelines and with a focus on the *Pymble* technical philosophy of, “Row the longest stroke in the strongest position, row the most accelerated stroke, let the boat run on the recovery and do it all together”.
- 1.4 Work collaboratively with the Coaching Director – Rowing, to contribute to the design and implementation of training session plans for crew/s.
- 1.5 Use technical exercises and drills that are consistent with achieving high levels of technical skill and understand the rationale behind the exercises.
- 1.6 Regularly assess, monitor and provide feedback to each individual rower that improves the quality of their rowing in each training session.
- 1.7 Ensure the coxswain is provided regular instruction and feedback on their performances in training and racing.
- 1.8 Design, communicate and practice race plans and strategies with crews in training.
- 1.9 Provide clear, concise and motivating information to crews prior to races.
- 1.10 Provide effective feedback to crews after regattas to improve future race performances.
- 1.11 Actively contribute to a positive, enthusiastic and professional coaching culture.
- 1.12 Work collaboratively with the other coaches in the Rowing Program to help create coaching team cohesion.
- 1.13 Attend and contribute to coaches meetings, as required. Coaches meetings will mainly be held either prior to or after training sessions.
- 1.14 Use technology such as video, Speed Coach GPS units and Cox Boxes to assist crews to perform better in training and races.
- 1.15 Read and respond in a timely manner to emails from the Coaching Director – Rowing and from the Rowing Manager.

- 1.16 Assist in boat rigging, de-rigging and trailer loading before and after regattas and camps, as requested by the Rowing Manager.

## **2. Communication**

- 2.1 Ensure all written and verbal communication is courteous, professional, accurate and reflective of College values.

## **3. Risk and Compliance**

- 3.1 Report directly to the Principal on any matters relating to child protection.
- 3.2 Consistently adhere to College policies and procedures, importantly the Risk Management, WHS, Child Protection and our emergency response practices.

## **4. Professional Learning**

- 4.1 In partnership with your Manager, continuously align your skills and professional development requirements to ensure that you are meeting the obligations of your role.

## **5. Other duties that may be required from time to time.**

### **PERSONAL CAPABILITIES**

- Willingness to support and promote the ethos and values of the College.
- A genuine interest in the Sport of Rowing.
- Previous experience Rowing or Coaching Rowing.
- Demonstrated ability to communicate effectively with and encourage young people.
- Demonstrated ability to competently drive a speedboat desirable.