



# Pymble Ladies' College

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## POSITION DESCRIPTION

**Title:** Lead Development Coach - Rowing

**Reports to:** Head Coach – Rowing

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## POSITION SUMMARY

This is a full-time position working with the Pymble Ladies' College rowing program as an integral part of the rowing leadership team. The Lead Development Coach will be responsible for two key areas:

1. The development and performance of the Junior and Learn-to-Row squads.
2. Overseeing the logistics, repairs and maintenance of the Pymble Ladies' College rowing program assets and facilities.

## ROLE RESPONSIBILITIES

### 1. Boatshed Manager

- 1.1 Ensure the *Pymble* boatshed and fleet are kept at the highest possible standard.
- 1.2 Ensure maintenance and repair of all rowing equipment, including electronics, trailers, motorboats, outboard motors, and oars, happens in a timely manner, so it is available when required.
- 1.3 Knowledge and ability of, or willingness to learn, basic to intermediate boat repair techniques.
- 1.4 Regularly inspect and maintain all motorboats, including all safety equipment, and ensure all motorboats are registered.
- 1.5 Ensure that all motorboats have adequate petrol supplies for all training sessions.
- 1.6 Ensure the rowing shed is organised at all times.
- 1.7 Maintain an inventory of equipment and repairs log.
- 1.8 Maintain a full spare stock and liaise with the Rowing Co-ordinator for any required orders.

- 1.9 Arrange, lead, and supervise boat loading and unloading tasks.
- 2.0 Tow trailers to regattas, training camps and for routine servicing.
- 2.1 Attend all regattas and training camps as required to tow trailers, assist with boat repairs/re-active maintenance and loading/unloading tasks.
- 2.2 Hold an LR licence (or be willing to get one) and assist with driving students as required to training/regattas, including being available for other sports/activities in the rowing off-season where reasonable.

## **2. Lead Development Coach**

- 2.1 Work collaboratively with the Head Coach - Rowing, to contribute to the design and implementation of training session plans for the Junior and Learn to Row (LTR) squads.
- 2.2 Ensure the implementation of the training program for the Junior and LTR squads as set by the Head Coach – Rowing.
- 2.3 Attend all Junior and LTR training sessions on and off water and regattas.
- 2.4 Coach a 1<sup>st</sup> Crew either within the Junior or LTR squads.
- 2.5 Provide coach development to all Junior and LTR squad coaches, in consultation with the Head Coach – Rowing.
- 2.6 Monitor and ensure coaching for each individual Junior and LTR rower and coxswain to improve their technical skill, physical conditioning and mental skills to improve their rowing performance.
- 2.7 Administer Junior and LTR squad selection trials, in consultation with the Head Coach – Rowing.
- 2.8 Coach crews according to the Rowing Australia technique guidelines and focussing on the *Pymble* technical philosophy.
- 2.9 Use technical exercises and drills consistent with achieving high levels of technical skill and understand the rationale behind the exercises.
- 2.10 Regularly assess, monitor and provide feedback to each rower that improves their rowing quality in each training session.
- 2.11 Ensure coxswains are provided regular instruction and feedback on their performances in training and racing.
- 2.12 Design, communicate and practice race plans and strategies with crews in training.
- 2.13 Provide clear, concise and motivating information to crews prior to races.

- 2.14 Provide effective feedback to crews after regattas to improve future race performances.
- 2.15 Actively contribute to a positive, enthusiastic and professional coaching culture.
- 2.16 Work collaboratively with the other coaches in the Rowing Program to help create coaching team cohesion.
- 2.17 Use technology such as video, Speed Coach GPS units and Cox Boxes to assist crews to perform better in training and races.

### **3. Communication**

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

### **4. Risk and Compliance**

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

### **5. Professional Learning**

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

### **6. Other duties may be required from time to time**

## **PERSONAL CAPABILITIES**

- Demonstrated ability to communicate effectively with and encourage young people
- Proven and successful track record of Rowing coaching at the school level
- Enthusiastic and motivated
- Minimum Level 1 Rowing Coach
- Minimum 3 years rowing coaching
- Light Rigid License (or willingness to obtain)
- Ability to undertake basic to intermediate boat repairs (or a willingness to learn)
- Proven capability to tow a boat trailer (or a willingness to learn)
- Willingness to support the ethos and values of the College
- Demonstrated ability to competently drive a speedboat