



TRINITY
GRAMMAR SCHOOL

Sport Placement Programme

Co-curricular – Sport – Exercise Science

Sport Placement Programme

CO-CURRICULAR – SPORT – EXERCISE SCIENCE

If you are looking to get a head start in an environment which uses your sporting knowledge and your formal qualifications, the Trinity Grammar School Sports Placement Programme could be for you. The Placement Programme offers you the opportunity to combine formal learning with on the job training –you can learn a new set of skills, get valuable workplace experience and set the course of your career.

What is the Sports Placement Programme?

The Sports Placement Programme delivers an experience of up to 90 hours over a three-month period and follows a structured learning plan intermixed with practical experience(s).

A Sports Placement gives you the opportunity to be exposed to a range of experiences and learn essential skills in a supported environment.

What does it involve?

At the core of the Sports Placement Programme, is the opportunity to match your interests and career goals! But don't worry about being lost in a huge organisation. Students are exposed to a variety of experiences across a number of fields and gain experience in a range of specialist sub-sections such as Strength and Conditioning, Sports Coaching, Compliance, Administration, Operations Management. These experiences give you the chance to be supported by a number of staff within the Sports Department at Trinity Grammar School and learn from their expertise.

Throughout your time at Trinity Grammar School, learning will be hands on and you will be able to demonstrate your skills and knowledge and be assessed by Industry Leading staff on your ability to perform tasks and skills.

What will you gain?

The Sports Placement Programme will enable you to combine the formal requirements of the University's practicum requirements and practical exposure, in an environment that has a significantly broad and well-resourced sports programme. This opportunity will help you decide the best career path for you after the successful completion of your degree.

Workplace confidence

The Sports Placement Programme is about developing those all-important interpersonal and workplace skills and is the perfect environment for building your confidence and develop people and workplace relationships skills – something that will be invaluable to your future career. Additionally, being mentored by specialist staff within a number of sporting fields at Trinity will demonstrate a range of different approaches and different opportunities within the Sport and Leisure Industry.

Develop an overview of all elements of a multi-faceted sporting environment

The Sports Placement Programme experience in an independent School environment will give you an in-depth understanding of how a variety of sports work together. Starting with the basics and building on your knowledge while immersed in the everyday cycle of School, will give you a unique overview of what it takes to manage an effective wide ranging sporting programme, where the boundaries of education and schooling are applied.

Work in a versatile environment

The Sports Placement Programme gives you an exposure to a number of career directions. For that reason, it is a great opportunity if you know you want to be in the sporting industry but aren't sure exactly which area you enjoy most. That being said for, those who have a set career in mind, the different skills learnt on a Sport Placement Programme at Trinity Grammar School will be the perfect start to your journey.

PROGRAMME

Core Area 1 – Strength and Conditioning, Fitness, Sport Specific assessment

Supervisor: Athletic Performance and Development Specialist

Be exposed to and learn how to:

- Understand and develop the Athletic Performance Programme to achieve short and long-term sporting outcomes.
- Understand and develop the School's student Development (physical syllabus) Programme.
- Design and develop competency in exercises assessment, prescription of programmes for students in the School environment.
- Facilitate the application of Sport and Exercise knowledge.
- Understand and develop rehabilitative practices, develop injury resilience, provide care and assist with rehabilitative and return to play practices.
- Assist the individual Directors of Sports with the development of strength and conditioning and fitness programmes within their sports.
- Manage the School's Fitness Centre

Core Area 2 - Sports Operations

Supervisor: Sports Master - Secondary

Learn how to manage the operations of a comprehensive sporting programme within a large independent School.

- Exposure to managing the compilation of the School's Co-curricular Sports Calendar. You will learn contemporary management practices to enable effective outcomes.
- Be exposed to, and learn about the operational aspects of organising and managing:
 - Weekly Sport Training
 - Wet Weather Sport
 - Saturday Sporting events held on the School grounds
- Compliances
 - Understand how risk assessment documentation for training, fixtures and events (internal and external) are developed and used.
 - Understand how COVID-19 is managed in a sporting environment
- Work alongside the Sports Master and the Campus Administration Team to learn how the logistical, communication and preparation aspects of significant Co-curricular Sporting events are organised.

Core Area 3 - Sport Specific Management

Supervisor: Director of Sport

Be assigned to a specific sporting team and learn how to manage teams, coach students and manage a sport specific competition. Understand how to:

- Competently apply your knowledge and skills within the sport.
- Plan and implement a coaching programme for the individuals and the teams.
- Apply your existing knowledge and skills in key areas, including anatomy, biomechanics, exercise physiology, sports psychology, motor learning and exercise prescription.
- Manage players, parents and coaches in a collaborative environment.
- Prepare training sessions, games, camps and selection trials.
- Apply regulations, such as Anti-Doping for Sport and COVID-19 to a School sporting programme.
- Assist with the Injury Assessment/Management process.

INFORMATION ABOUT HOW TO APPLY FOR THE TRINITY GRAMMAR SCHOOL SPORTS PLACEMENT PROGRAMME

To be considered for the Trinity Grammar School Sports Placement Programme, you will need to:

- Prepare an application letter outlining what you can offer Trinity Grammar School and how the Placement Programme will benefit you.
- Curriculum Vitae
- Transcripts of current formal studies
- A valid Working with Children Check number
- A current First Aid certificate
- A current CPR certificate

Successful candidates will also be required to undertake various Child Protection training courses including completion of the online Play by the Rules-Child Protection module and inhouse training.

Please go to the employment section of the Trinity Grammar School website

<https://trinitygrammar.connxcareers.com/Job/ViewJobs> to submit your application.

APPLICATIONS CLOSE 12 MARCH 2021 AT 5.00PM