

PHYSICAL PERFORMANCE / STRENGTH AND CONDITIONING COACH

Overview

The Illawarra Academy of Sport are seeking a Head of Physical Performance (Strength & Conditioning) Coach in a unique position that requires specific knowledge and skills in the strength and conditioning needs of developing athlete as well as High Performance athletes. This position will look to maintain the lead in the delivery of Strength and Conditioning / Physical Development to our athletes aged 13-18 years over a broad and diverse range of sports.

The successful candidate will be conversant with all the issues associated with emerging talented athletes as well as a strong understanding of the needs for high-performance athletes. The role will also require the supervision of both part-time and casual staff across a number of venues within the Illawarra-Shoalhaven-Wingecarribee region.

Key Responsibilities

- Maintain, create and deliver sport specific strength and conditioning programs for the Academy's 12 sporting programs and LoneStar athletes – servicing over 200 athletes.
- Work with our facility partners to enable delivery of S&C services in Moss Vale, Kiama, Nowra and Wollongong.
- Engage coaches to understand the function of S&C as a capacity building tool
- Be capable of utilizing technology in the delivery of specific programs that meet the needs of athletes
- Ensure that the most recent research in athlete maturation and physical performance is understood and implemented
- Implement systems that necessarily incorporates program overload and progression, and is sequential in its development
- Capacity to oversee individualised gym-based sessions for squads and individuals as well as conduct "field-based" sessions with squads, as determined by the coaches and the needs of the program
- Be capable of overseeing and delivering the contracted Strength and Conditioning services for the talented adult football, rugby and NSWIS-based athletes from the Illawarra region.
- Liaise with and educate the coaches/assistant coaches on the monitoring of the athletes' progress and attendance
- Liaise with the Athlete, Coach & Program Manager regarding ongoing standards and processes and programming applications
- Translate information given by the physiotherapists, sports doctor and S&C coach on individual athlete needs to reduce risk of injury and maximise health and performance.
- Oversee the conduct of (up to) quarterly testing sessions for the sporting programs and assist with data collection, management and effective dissemination of this information to all key stakeholders
- Create, build and sustain effective working relationships with all key parties to ensure effective, regular communication and to develop an understanding about the roles and benefits of S&C.

Location and unique work-based conditions

Whilst this is a full-time position, times and locations will vary depending on the sporting programs training location. Gym use is varied between the University of Wollongong, Moss Vale, Shellharbour, Kiama and Nowra. The successful applicant will need to be flexible in allocation of time, recognizing that programs may be conducted in the early morning and late afternoon / evening.

Qualifications

Essential

- Bachelor's Degree in Exercise Science or equivalent
- Current level 2 Strength and Conditioning Accreditation (ASCA)
- Current CPR & First Aid
- Hold or ability to obtain a Working with Children Check (WWCC)
- Drivers License

Preferred

- Masters Degree in Strength and Conditioning is considered an advantage

Selection Criteria

- Previous experience working with young athletes / children and the various needs that are attached to this demographic
- Excellent applied anatomical knowledge and thorough understanding of fundamental exercise prescription
- Excellent communication skills across a broad range of people including coaches, young athletes and exercise professionals
- Highly familiar with all considerations around weight-room safety
- Knowledge of long-term athletic development processes
- Ability to work independently and autonomously
- Passionate about coaching / teaching / learning and has the personal character and presence to deliver
- Ability to work as part of a small multi-disciplinary team.
- Adaptable and able to modify sessions reactively based around imposed constraints
- Organised and capable of managing and monitoring training programs for a high number of athletes concurrently
- Supervisory skills of coaches and fellow strength and conditioning practitioners

How to Apply

Applicants to provide an application addressing the key elements of the Selection Criteria and a resume to ceo@ias.org.au. For further information please contact John Armstrong CEO, IAS on 0412 257 990 or via ceo@ias.org.au. Salary expectations - approximately \$80,000 inc Superannuation.

Applications close COB Friday 10 March 2023

