



JOB DESCRIPTION – Strength & Conditioning Coach (Athlete Development)

Job Title: Strength and Conditioning Coach (Athlete Development)

Reporting to: Head of Strength & Conditioning, Head Coach & Club Football Operations Manager

Department: Football Depart

Terms: Full Time – Based at Blacktown Workers Training Facility
Hours are dictated by the training schedule
Must attend NSW Cup matches as directed

Starting Date: ASAP

Conclusion Date: End of season around 1st of October

JOB OVERVIEW

Delivery of comprehensive rugby league based speed, agility, and acceleration development programs in conjunction with the Head of Performance for NSW Cup. Assist in programming, monitoring, and delivery of all elements of the high performance program.

KEY RESPONSIBILITIES

- Develop, implement, and analyse rugby-league specific speed, agility, and acceleration components of the training program for the NSW Cup squad
- Develop, implement, and analyse development players strength and power programs
- In conjunction with Head S & C lead strength and power coach, collect, and analyse monitoring information relating to strength/power performance and transfer to rugby league
- Develop and deliver strength and conditioning practices throughout Ron Massey grade competitions with vertical alignment to NSW Cup program, including attending sessions as required
- Assist in coaching of field conditioning and gym-based strength/power sessions for the NSW Cup squad
- Assist with implementing speed, agility, and acceleration practices of Ron Massey squads, including attending sessions as required

STAKEHOLDER MANAGEMENT

- Communicate effectively with key stakeholders including strength and conditioning coaches, medical personnel, coaching staff, and external providers
- Effectively operate within a multi-disciplinary performance team to develop best-practice strength and conditioning plans that maximise performance and training completion

PROFESSIONAL DEVELOPMENT

- Demonstrated participation in professional development in the field of strength and conditioning and rehabilitation
- Contribute to the continued professional development program undertaken by club staff

QUALIFICATIONS

- Minimum degree in Exercise Science or equivalent
- Professional certification required or obtaining
- Current first aid certificate required
- Demonstrated experience of speed, agility, and acceleration coaching experience within elite sport
- Master's degree in Exercise Science or equivalent is desired
- Working knowledge of computer technology systems such as Microsoft Excel is desirable
- Working knowledge of Athlete Management Systems such as Smartabase programs is highly desired

AVAILABILITY

- All applicants must be flexible to work afternoon and weekends as required, due to the nature of industry
- Opportunity for extension will be communicated well before contract end date if applicable.

HOW TO APPLY?

- Email your CV and cover letter to info@blacktownworkersseaeagles.com.au

QUERIES?

- If you have any queries regarding the position, please email info@blacktownworkersseaeagles.com.au
- Due to the sheer number of applicants, only shortlisted candidates will be contacted