

Position Description



Position title:	Adelaide Thunderbirds & Elite Pathways Strength & Conditioning Coach
Reports to:	High Performance Manager
Key Relationships:	Adelaide Thunderbirds Head Coach; High Performance Manager, Physiotherapist
Date:	February 2020

Environment:

Netball SA is the peak State Sporting Organisation for netball in South Australia and is affiliated with Netball Australia.

Netball is the leading women's participation sport in Australia.

Netball SA is responsible for the governance, development, promotion and administration of netball throughout South Australia and has the responsibility for servicing its 32,000 members, the operations of Netball SA Stadium and the running of its elite team, the Adelaide Thunderbirds

As a professional sporting organisation with extensive community reach, Netball SA is committed to enhancing the reputation of the sport and communicating news of significance to members, fans, supporters and the general public.

The Adelaide Thunderbirds are a professional netball team competing in the Suncorp Super Netball competition (SSN). The Adelaide Thunderbirds are owned and operated by Netball SA and are a key strategic component of promoting and developing the game of netball in South Australia.

Role Overview

The Strength & Conditioning Coach is accountable to the High-Performance Manager to provide specialised, integrated, high quality sports strength & conditioning services. These services will be developed and delivered in conjunction with the Adelaide Thunderbirds Head Coach and High-Performance Manager.

This position involves close working relationships with coaches, athletes and other allied Performance Services staff. Integral to the role is the ability to work as both an independent service provider and integrated team member.

Key Relationships

- Adelaide Thunderbirds and Southern Force athletes
- High Performance Manager
- Head Coach and Coaching Staff
- Medical and Sport Science Staff
- Netball Australia/SSN Staff
- SASI Head Coach

Key Responsibilities:

- Contribute to the objectives of the Netball South Australia (NSA) Elite Pathway programs by providing high quality sports strength and conditioning services in order to maximise elite athletic performance.
- Plan, deliver and evaluate (including field and laboratory testing), specialised integrated strength and conditioning programs that will impact on performance for elite athletes and Netball pathway programs and utilise the Athlete Management System (AMS). Ensuring that the needs are fully met for the Adelaide Thunderbirds & Elite Pathways.
- Establish program priorities and resources through the annual strength & conditioning services plan.
- Develop and implement new specialised strength and conditioning practices and equipment in Netball.
- Coordinate, implement and assist the Head Coach/Pathway Coaches to review an annual Performance Services service plan for Netball SA.
- Develop niche strength and condition innovation and research projects to improve knowledge and strength & conditioning best practice.
- Foster a collaborative strength & conditioning network of contacts locally and outside of the state (including other codes).
- Build and maintain effective working relationships with other Performance Services personnel within the Adelaide Thunderbirds program & the Elite Pathway.
- Assist in the effective use of resources by complying with NSA systems, policies and procedures.

Qualifications / Licences

- A degree in sports science (or equivalent).
- Level 2 ASCA qualification (or equivalent).
- ASCA Professional Coaching Scheme accredited.
- A minimum of four years providing S & C services to senior elite athletes
- A current driver's licence
- Desired experience of working in High Performance Netball or other Team Sports

Personal Capabilities

- Demonstrated ability to plan, conduct and review applied strength and conditioning programs to improve physical and technical development of elite athletes with high performance coaches.
- Demonstrated ability to provide effective strength and conditioning coaching to improve elite athlete development and performance.
- Demonstrated ability to review, and adapt new strength and conditioning knowledge, practices and technologies to significantly impact on performance.
- Demonstrated ability of effective communication, consultation and liaison with management, peers and client groups from widely diverse age groups and backgrounds.
- Demonstrated ability to prioritise and possess a high level of personal initiative and autonomy.
- Demonstrated ability to work within a multi-disciplinary sports science team and provide leadership to a support team.
- Build strong relationships with both internal & external stakeholders.
- Ability to motivate and develop professional athletes and staff.
- Proven commitment to the principles and practices of:
 - Customer service;
 - Quality management and client-oriented service
 - Risk management

Hours of Work:

This role will require regular out of normal business hours and weekend work, in-line with the business needs, as required.

Special Requirements:

- The successful applicant will be required to satisfy the requirements of a National Police Check and Working with Children Check.
- Some inter and intra-state travel is also required.

Governance:

It is your duty to comply with the Netball SA policies and procedures which set out governance standards and manage risks for our organisation. You are responsible for being aware of and complying with the policies and procedures.

Workplace Health and Safety Requirements:

We are committed to protecting the health, safety & wellbeing of all of those that work with us.

Your duties are to:

- Comply with all Netball SA policies, procedures and relevant legislation;
- Comply with all reasonable instructions from managers in relation to health and safety;
- Take reasonable care of your own health and safety;
- Ensure your actions or omissions do not adversely affect the health and safety of other persons;
- Report any hazards, near misses and incidents to your manager and complete the required formal report mechanism;
- Complete relevant health and safety training.

ACKNOWLEDGEMENT

I ACKNOWLEDGE that I have read and understand the responsibilities and expectations as set out above.

Signed by Employee:

Name of Employee:

Date:

Signed by Department Manager:

Date: