

Strength and Conditioning Coach

ROLE DESCRIPTION

SOUTH WEST SYDNEY ACADEMY OF SPORT



Primary purpose of position

The Strength and Conditioning Coach is primarily responsible for the physical fitness and well-being of the athletes in the SWSAS program. The Strength and Conditioning Coach will also be expected to be involved in the planning, design, and implementation of the strength and conditioning program for the athletes of each nominated Academy Sports.

Organisational Context of Position

The South West Sydney Academy of Sport was established to provide talent development opportunities for identified athletes. To do this the Academy offers holistic programs which are focused on individual and coaching staff development.

Key responsibilities

1. Program Development and Delivery

- Contribute to the co-ordination of the delivery of the Academy sport program and its associated services.
- Assist with the implementation of talent ID and development programs that support the SWSAS scholarship program.
- Physical conditioning of identified squad athletes.
- Attend all programmed squad sessions, including training, competitions, and Athlete Education Program workshops.
- Assist with all aspects of the duty of care of athletes at all Academy activities.
- In consultation with medical professionals, monitor the process of rehabilitation for individual athletes.

2. Management and Planning of SWSAS Program

- Participate in three planning / evaluation meetings (pre, mid, and post program) involving all Program Staff and Academy Chief Executive Officer.
- Where possible, participate in Program Staff meetings (involving all Academy sports)

Position Details

Position Title:

Strength and Conditioning Coach

Responsible to:

SWSAS Sports Program Manager





Strength and Conditioning Coach

ROLE DESCRIPTION

SOUTH WEST SYDNEY ACADEMY OF SPORT

SWSAS

Academy Contact Details

Daniel Currinckx

Sports Program Manager at
South West Sydney Academy of Sport

e: daniel@swsas.org.au

p: 02 4627 7622

m: 0424 266 550

w: www.swsas.org.au

a: 2/298 Queen Street Campbelltown NSW

m: PO Box 307 Macarthur Square NSW

3. Service Provision

- Contribute to the planning process which identifies appropriate support in sports science, athlete management, and sports medicine (a minimum of six components of the Athlete Education Program) to ensure the physiological and psychological well-being of athletes.
- Contribute to the development of appropriate service provision strategies and actions to meet the needs of the program.
- Assist in the delivery of a sport science testing program that is consistent with the protocols used by the state sporting body.

4. Athlete Selections and Competition

- Where qualifications permit.
- Provide services in strapping and massage to athletes in readiness for matches.
- Provide sports first aid services to athletes during matches and whilst in residential situations.

5. Supervision and Level of Independence

- Assist the Head Coach in the delivery of all aspects of the program. Responsible for the development and delivery of physical conditioning and sports first aid services to squad members.

Training, Qualifications, and Experience

- Current first aid certificate
- Qualifications in personal training and / or strength and conditioning are preferred
- Qualifications in Exercise Sports Science is desired but not necessary
- Experience working as part of a small multi-disciplined team delivering a sport program
- Understanding of the application of support services to athletes, with a view towards improving performance
- Highly developed communication skills
- Preparedness to work within the Academy's guidelines is essential

