



Brisbane Lions Academy Strength & Conditioning Coordinator / AFL Strength & Conditioning Assistant

In 2019, the Brisbane Lions Football Club is in an exciting period of growth. Underpinned by our proud history and strong values we are building a Club driven to achieve long-term, sustainable success. We are currently seeking a Strength and Conditioning Coordinator to help us develop our next generation of stars, as well as assist in the development of our current AFL talent.

Working across both our Academy and AFL groups, the Strength and Conditioning Coordinator will be responsible for the design and implementation of the physical performance program to ensure players develop and maintain the physical capabilities to effectively perform at Academy, NEAFL and ultimately AFL level. This will be achieved by delivering best practice strength and conditioning, programs that drive elite standards of physical performance.

Key responsibilities will include:

- Design, implement and deliver strength and conditioning programs for 16-19yr old Academy players in line with senior team HPD philosophies
- Deliver individualised training programs for Academy "High Performance Squad" players
- Deliver athletic performance, injury prevention and recovery programs to Academy, NEAFL and AFL players
- Use of technology to collect, analyse and report on individual and team training session & match data
- Ensure standards and guidelines of all training areas are adhered to by all players and staff

The ideal candidate will hold formal sports science qualifications and experience working within elite sports (preferably AFL), with proven ability to design and implement S&C programs. You will have a sound understanding of current practices and competency in technology relevant to physical performance within elite sports. ASCA or equivalent accreditation is desirable.

Above all you must be a people person, focussed on delivering best practice programs and embody the Club values of **Connected, Elite Performance, Cutting Edge** and **Care**.

Due to the nature of the industry, the ideal candidate must be flexible in their availability as odd hours, and some weekend work will be required for this role, such as attending NEAFL matches as S&C cover. To apply, please forward your CV and professional covering letter (maximum 1 A4 page) jobs@lions.com.au. Applications close **28th June 2019**.

Brisbane Lions is an equal opportunity employer, committed to providing a working environment that embraces and values diversity and inclusion.

Aboriginal and Torres Strait Islander applicants are encouraged to apply.

HYUNDAI CENTRE

Level 5, Gate 2, The Gabba
812 Stanley Street Woolloongabba QLD 4102
POST PO Box 1535 Coorparoo DC, QLD 4151

P: 07 3335 1777 **F:** 07 3335 1766 **E:** club@lions.com.au