

POSITION SUMMARY

OVERVIEW

Title	VFLW High Performance Manager
Reports To	Women's Football Operations and Player Development Manager
Direct Reports	Strength and Conditioning staff, Physiotherapists, Doctor, Massage therapists
Location	Waverley Park/Box Hill City Oval

The High-Performance Manager is responsible for planning, developing and managing all facets of Strength and Conditioning in the Hawthorn FC VFLW program.

KEY RESPONSIBILITIES:

- Design and implement total conditioning and preparation program for the Hawthorn VFLW program (pre-season and in-season) across Strength, Rehab and Running
- Conduct appropriate fitness testing and load management of athletes including the monitoring of training loads
- Implement strength training and conditioning for athletes (e.g. stretching, resistance training, and plyometrics/speed/agility drills)
- Pre and post training evaluations
- Collect and maintain relevant statistical data for individual athletes
- Connect and be the conduit between players and all medical and physio staff to ensure the best care
- Work with players who are in rehab or require tailored individual programs to develop athlete specific rehabilitation programs (in conjunction with medical team)
- Conduct appropriate fitness testing and load management of athletes

QUALIFICATIONS:

- Tertiary Degree in a Human Movement, Exercise / Sport Science Degree OR enrolled in Postgraduate study in a relevant field

KNOWLEDGE AND EXPERIENCE:

- Proven experience as a Strength & Conditioning Coach in a sporting environment – football highly desirable
- Ability to manage all aspects of players physical preparation (i.e. rehab/strength/physiology etc.)
- A sound theoretical and working knowledge of preparing elite athletes across all areas of conditioning
- Be passionate about influencing and improving athlete performance
- Strong time management skills
- Ability to maintain professionalism and confidentiality at all times
- Excellent attention to detail
- Ability to collaboratively with a multidisciplinary team
- Be driven and show initiative
- The ability to work in a high-pressure environment with competing demands

Applications close Friday 11th October 2019.

Please forward your resume and cover letter to the Women's Football Operations and Player Development Manager Alexis Carydis – alexisc@hawthornfc.com.au